

PREPARATION: **10** MINUTES

COOKING: **15** MINUTES

4 SERVINGS



GARLIC SHRIMP LINGUINE

INGREDIENTS

200g linguine pasta, dry

1 tablespoon unsalted butter

1 tablespoon olive oil

2 tablespoons garlic, minced

½ cup red pepper, diced

2 cups broccoli florets

340g shrimp, raw and peeled

½ cup pasta water

⅛ teaspoon ground black pepper

¼ teaspoon chili flakes

2 tablespoons fresh oregano, chopped

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

3 Starch+2 Protein+1 Vegetable

Calories **340Kcal**

Protein **24g**

Carbohydrates **45g**

Fibre **3.6g**

Total Fat **9g**

Saturated Fat **3g**

Cholesterol **137mg**

Sodium **502mg**

Potassium **430mg**

Phosphorus **347mg**

PREPARATION

- 1** In a large pot, cook pasta according to instructions. Reserve ½ cup of water before draining the pasta.
- 2** In a large skillet over medium heat, melt butter with olive oil. Sauté garlic, red pepper, and broccoli.
- 3** Add shrimp, pasta water, pepper, and chili flakes. Simmer until the shrimp are cooked and turn pink.
- 4** Add the cooked linguine and oregano to the skillet. Toss to combine. Serve immediately.