

Cajun Shrimp Penne

2 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

2 cups Quinoa Penne
1/3 cup Cashews (soaked, drained, rinsed)
1/3 cup Water
8 ozs Shrimp (large, peeled, deveined)
1 1/2 tbsps Cajun Seasoning (divided)
2 tbsps Extra Virgin Olive Oil (divided)
3/4 cup Asparagus (trimmed, cut into bite-sized pieces)
1/4 tsp Sea Salt (divided)
1 Garlic (clove, minced)
1 cup Fire Roasted Diced Tomatoes
1/4 cup Parsley (chopped finely)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|---------|
| Calories | 691 | Cholesterol | 183mg |
| Fat | 26g | Sodium | 3240m.. |
| Carbs | 84g | Vitamin A | 1520IU |
| Fiber | 5g | Vitamin C | 19mg |
| Sugar | 8g | Calcium | 173mg |
| Protein | 35g | Iron | 4mg |

DIRECTIONS

- 01 Bring a medium pot of water to a boil and cook pasta according to package directions. Drain and set aside.
- 02 While the pasta cooks, add the cashews and water to a blender. Blend on high for about 1 to 2 minutes until very smooth. Set aside.
- 03 Meanwhile, add the shrimp to a bowl and toss with half the cajun seasoning and 1/3 of the oil. Set aside.
- 04 In a cast-iron skillet over medium heat, add 1/3 of the oil along with the asparagus and salt. Cook, flipping the asparagus pieces often, until bright green and still crisp but fork-tender, about 4 minutes total. Remove and set aside.
- 05 In the same cast iron pan, over medium heat, add the shrimp and cook for 3 to 4 minutes, flipping halfway through, until cooked through. Remove and set aside.
- 06 Add the remaining 1/3 of the oil to the cooked pasta. Over medium-low heat, add the garlic and cook for 30 seconds, until fragrant. Add the tomatoes and remaining cajun seasoning and stir to combine. Allow it just to get warm, about 1 to 2 minutes, then add the cashew cream, pasta and asparagus to the pot. Toss to combine. Divide onto plates, top with shrimp, parsley and season with salt and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to about 1 1/3 cup pasta.

NO ASPARAGUS

Use another vegetable such as spinach, zucchini or mushrooms.



MORE FLAVOR

Add chili flakes to taste.

NO FIRE ROASTED TOMATOES

Use regular diced tomatoes.

MAKE IT VEGAN

Omit the shrimp.

NO QUINOA PENNE

Use another type of pasta.

