

Creamy Pesto Shrimp (or Chicken) with Linguini and Asparagus

Instructions:

Don't change yet! Take out equipment.

1. Fill a large **stove-top** pot with water and bring to a boil.
2. Heat butter and olive oil in a large nonstick **fry pan** at med-low.
Remove from heat and whisk in flour. Slowly whisk in milk until smooth. Return to med-low heat. Season with pepper. Heat through while whisking. **Reduce heat** to simmer white sauce.
3. Place pasta in boiling water.
Set timer for 10 minutes.

...meanwhile...

4. Whisk cheese into white sauce until well combined. Blend in pesto.
If the sauce gets too thick it's OK to keep adding a little bit of milk at a time.
Fold shrimp into sauce and heat through.
5. Snap off bottom nodes of asparagus and discard. Rinse in colander or steamer basket. Place a small amount of water in the bottom of a **stove-top** pot and bring to a full boil with the asparagus in the basket above. Cover and set timer for 4 minutes...or microwave for the same amount of time. *see page 34*
...when timer rings for asparagus...
Drain water. Toss in pot with butter and salt.
...when timer rings for pasta...
6. Rinse pasta in colander and return to pot, no heat.

*Serve shrimp and sauce over linguini.
I like hot chili flakes sprinkled on mine.*

Ingredients:

Take out ingredients.
water

White Sauce

1 Tbsp butter
1 Tbsp olive oil, extra-virgin
2 Tbsp flour
2 cups 1% milk
1/2 tsp pepper

12 oz or 375 g linguine pasta

2/3 cup Parmesan cheese, grated, light
1/4 cup basil pesto

1 lb or 450 g large shrimp, cooked peeled and deveined

20 asparagus spears (1 lb or 450 g)

water

1 tsp butter (optional)
pinch of salt (optional)

hot chili flakes (optional)

Serves 4-6

15 MINUTES TO PREP
DINNER IS READY IN 25 MINUTES

Dinner Survival
by Sandi Richard