

DINNERLY



Low-Cal Shrimp Alfredo with Peas & Parmesan



ca. 20min



2 Servings

Fettuccine alfredo—hard to say, easy to eat! For this one we've subbed in silky cream cheese for the usual butter and cream combo, plus some fun penne pasta for the long noodles. Grated Parm rains down over shrimp and sweet peas for a dinner that hits every level of comfort cuisine. We've got you covered!

WHAT WE SEND

- 6 oz penne¹
- 2 (1 oz) cream cheese²
- ¾ oz Parmesan²
- ½ lb pkg shrimp³
- 5 oz peas

WHAT YOU NEED

- kosher salt & ground pepper
- all-purpose flour¹
- garlic
- olive oil

TOOLS

- medium pot
- medium skillet

ALLERGENS

Wheat (1), Milk (2), Shellfish (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 620kcal, Fat 19g, Carbs 74g, Protein 37g



1. Cook pasta

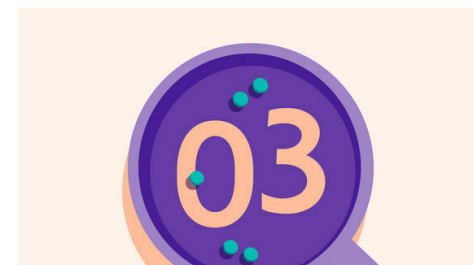
Bring a medium pot of **salted water** to a boil over high. Add **pasta** and cook, stirring occasionally, until al dente, 8–9 minutes. Reserve **2 tablespoons cooking water**, then drain pasta well and set aside until step 4.



2. Prep ingredients

While **pasta** cooks, in a medium bowl, whisk to combine **all of the cream cheese**, **¾ cup water**, **1 tablespoon flour**, and a **generous pinch each of salt and pepper** (it will not be smooth).

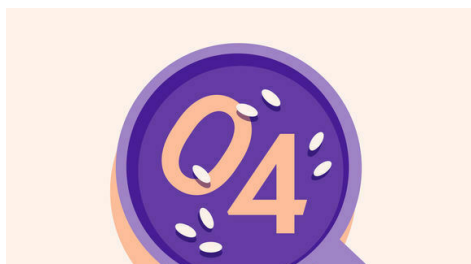
Finely grate **Parmesan**.



3. Cook shrimp

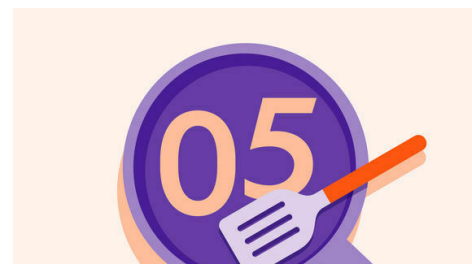
Finely chop **1 teaspoon garlic**. Rinse **shrimp**, then pat very dry. Season all over with **salt and pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add shrimp and chopped garlic; cook, stirring occasionally, until shrimp are pink and almost cooked through, about 2 minutes.



4. Sauce pasta

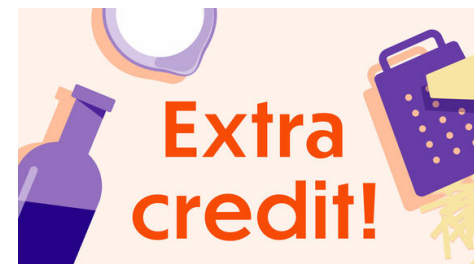
Reduce heat to medium, then stir in **cream cheese mixture** until melted. Stir in **peas and pasta**, then stir in **half of the Parmesan**, adding in large pinches to avoid clumping. Bring to a simmer; cook, stirring occasionally, until peas and pasta are warmed through, shrimp are cooked through, and **sauce** coats pasta, 3–4 minutes.



5. Finish & serve

If **pasta** is dry, stir in **1 tablespoon reserved cooking water** at a time, as needed; season to taste with **salt and pepper**.

Serve **creamy shrimp alfredo** in shallow bowls topped with **remaining Parmesan**. Enjoy!



6. Take it to the next level

Penne for your thoughts: brighten up this creamy bowl with a handful of chopped herbs. Sprinkle chopped parsley or tarragon over top before serving. Even better, add a squeeze of fresh lemon juice.