

DINNERLY



Skinny Shrimp Alfredo Pasta 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 and fun penne pasta for the long noodles. Grated Parm rains down on top of shrimp and sweet peas for a dinner that hits every level of comfort cuisine. We've got you covered!

WHAT WE SEND

- ½ lb penne ¹
- garlic
- ¾ oz piece Parmesan ⁷
- 2 pkts cream cheese ⁷
- ½ lb pkg shrimp ^{2,17}
- 2½ oz peas

WHAT YOU NEED

- kosher salt & ground pepper
- all-purpose flour ¹
- olive oil

TOOLS

- medium pot
- microplane or grater
- medium skillet

ALLERGENS

Wheat (1), Shellfish (2), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 710kcal, Fat 19g, Carbs 92g, Proteins 43g



1. Cook pasta

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



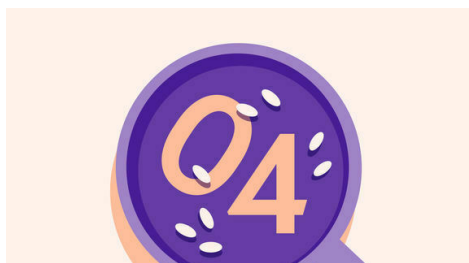
2. Prep ingredients

Meanwhile, finely chop **1 teaspoon garlic**. Finely grate **Parmesan**. In a medium bowl, whisk to combine **all of the cream cheese**, **1 cup water**, and **1 tablespoon flour** (it's OK if cream cheese is lumpy).



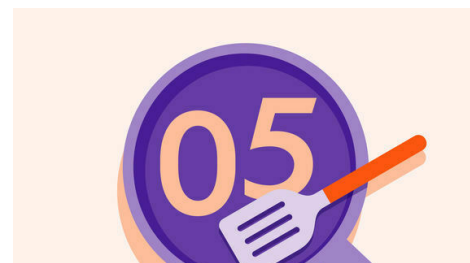
3. Cook shrimp

Pat **shrimp** dry, then 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.



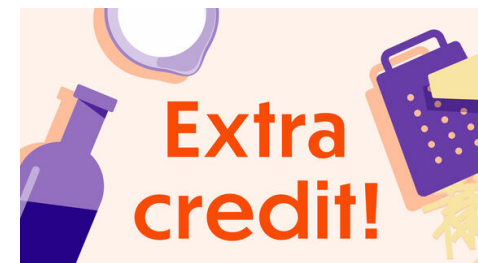
4. Sauce pasta

Reduce heat to medium, then stir in **cream cheese mixture**, **peas**, and **cooked pasta**. Add **half of the Parmesan**, stirring 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

Stir in **1 tablespoon of the reserved cooking water** at a time, as needed, if pasta seems dry; season to taste with **salt** and **pepper**. Serve **creamy shrimp alfredo pasta** 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.