

Cajun Shrimp Penne

12 ingredients · 1 hour 20 minutes · 2 servings



Directions

1. Bring a medium pot of water to a boil and cook pasta according to package directions. Drain and set aside.
2. 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.
3. Meanwhile, add the shrimp to a bowl and toss with half the cajun seasoning and 1/3 of the oil. Set aside.
4. 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.
5. 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.
6. 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!

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)

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.