



## SHRIMP POMODORO & ANGEL HAIR

This delicious shrimp dish provides a great source of protein, but can be substituted for chicken for those who may be allergic to shellfish. Tomato content can be reduced to a smaller quantity of diced tomato or omitted and replaced with chicken or vegetable broth in order to reduce acid content. In addition, herbs and spices can be adapted to suit flavor preferences and digestive tolerance. For those looking to add more dietary fiber, whole wheat pasta can be substituted. For those who are experiencing fat malabsorption or dairy intolerance, olive oil can be reduced and parmigiano cheese can be omitted. **Yield: 6 Servings**

### INGREDIENTS:

- 1 lb. angel hair pasta
- 6 Tbsp. extra virgin olive oil
- 3 sprigs fresh thyme
- 8 cloves garlic (sliced paper thin)
- ¾ cup finely chopped onion
- 1 cup tomato concasse (peeled, seeds removed, diced)
- 1 Tbsp. tomato paste
- ½ cup white wine\* (can substitute non-alcoholic cooking wine)
- 2 Tbsp. chiffonade fresh basil (stacked basil leaves, tightly rolled, thinly sliced)
- 3 Tbsp. crushed red pepper flakes\*\* (optional)
- 1 ½ lb. size 16/20 wild shrimp
- Kosher salt (as needed)
- Fresh ground pepper (as needed)
- 1 Tbsp. minced Italian parsley
- 4 Tbsp. parmigiano cheese (optional)

### DIRECTIONS FOR SAUCE:

1. In a medium sized sauce pan add 3 Tbsp. of extra virgin olive oil over medium heat and add onions. Sweat onions for 5 minutes until translucent, then add half the amount of garlic, red pepper flakes (if wanted), 2 sprigs of thyme and tomato paste.
2. Continue to cook over medium heat for 3 minutes. Add white wine (reserving 1 Tbsp. for shrimp).
3. Continue to stir and cook until wine is evaporated. Add tomato concasse, 1 tsp. kosher salt and desired amount of fresh ground pepper. Lower heat to slow simmer for 45 minutes.
4. After 45 minutes, with a hand blender, pulse to slightly puree (you do not want the sauce to be completely smooth). Pulses should be 15 2-second pulses.
5. Add parsley. Reserve for plating.

(continued)



#### **DIRECTIONS FOR SHRIMP:**

1. In a medium sauté pan that's been pre-heated over medium-high heat, add the remaining olive oil and garlic.
2. When the garlic begins to slightly brown, add shrimp that has been shelled and de-veined, season with salt and pepper. Sauté for 1-2 minutes over high heat.
3. Add remaining fresh thyme and 1 Tbsp of white wine. Remove from heat.
4. Reserve for plate assembly.

#### **METHOD FOR ASSEMBLY:**

1. Heat shrimp in remaining tomato sauce. Place desired amount of pasta into a pasta bowl.
2. Spoon over tomato sauce. Add desired amount of shrimp and fresh basil. Each dish can be garnished with 1 Tbsp. parmigiano cheese.

#### **DIRECTIONS FOR PASTA:**

1. In a large stock pot add 2 gallons of water and 3 Tbsp. kosher salt; bring to a boil. Add angel hair pasta and boil for 3 minutes, achieving doneness of al dente.
2. Strain pasta and put pasta back into pot. Add  $\frac{3}{4}$  cup tomato sauce to coat pasta.

#### **NUTRITIONAL DATA:**

497 calories, 17.8 grams fat, 3.4 grams saturated fat, 189 mg cholesterol, 49.3 grams carbohydrate, 1.8 grams dietary fiber, 34 grams protein

\* Will have zero alcohol content when cooked. For those who want to remove the alcohol completely can do so.

\*\* Recipe is easily adaptable for different tastes or for what someone can tolerate

*The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.*