



shrimp scampi over garlic linguine

NIBBLEDISH CONTRIBUTOR

Ingredients

1lb of 21/30 shrimp
1lb of whole wheat linguine
3/4 cup of olive oil
1 bell pepper diced
1 vine tomato diced
5 cloves of garlic minced
1 bunch of basil chiffonade
1 teaspoon of red pepper flakes
1 lemon

Instructions

boil pasta per instructions

if shrimp is not already deveined, do so by simply slicing a quarter of the way from top of the shrimp, and pulling out the "black funk" remove the shell and tail as well

start by heating the oil over medium high heat

add the minced garlic and stir fry for a bit

add the bell pepper and tomatoes and sautee until tender.

add the shrimp and stir to coat then cover and let it cook, about 2 minutes, flip shrimp at least once

strain pasta and add to the shrimp and toss in the mixture. if dry, add a little of the pasta water.

add the basil and red pepper flakes

squeeze the lemon over the dish and stir together

enjoy!
