

# Shrimp with Broccoli and Penne

Courtesy of Coach Jill Ortiz

## Ingredients:

- 1-1.5 pounds shelled and cleaned raw shrimp (defrosted if frozen)
- 2 large broccoli crowns, rinsed and separated into florets
- 1 lb penne pasta
- 2-3 tbsp olive oil, plus 1 tsp olive oil
- 1-2 garlic gloves, minced
- 2 tsp Italian seasoning
- Salt and pepper to taste
- 1 tbsp grated parmesan cheese (more if desired)

## Directions:

1. Heat 1 tsp oil in non-stick pan, begin bringing salted pasta water to a boil in a large pot, and begin steaming broccoli (I used a steam basket in a pot with a little water). Be sure not to over cook broccoli – set it aside once steamed but still a little firm.
2. Add pasta to water with a splash of olive oil so it doesn't stick together, and add shrimp to pan with a little salt and pepper and cook on both sides 2-3 minutes per side. Set aside.
3. When pasta is done, dump in to a strainer and leave to drain.
4. In the pot that your pasta cooked, add the remaining olive oil and minced garlic. Cook 1-2 Minutes over low heat. Add in Italian seasoning and a dash of salt and pepper. Add pasta, cooked broccoli, cooked shrimp, and parmesan cheese. Stir all together and serve.

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