



HOME CHEF

Lemon Dijon Shrimp Scampi

With Penne Pasta, Sun-Dried Tomatoes, and Shaved Parmesan



Penne pasta never had it so good. Caramelized shrimp are bathed in a light lemon-dijon sauce spiked with super savory sun-dried tomatoes and umami-rich Parmesan cheese before enrobing the pasta for a meal that will make your night special.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 585
Carbohydrates: 98g
Fat: 12g
Protein: 55g
Sodium: 959mg
per serving

DIETARY



LOW CALORIE



NUT-FREE



SOY-FREE

DRINK PAIRING

Sauvignon Blanc,
Prosecco,
Hefeweizen

INGREDIENTS

16 Shrimp
2 Garlic Cloves
1 Lemon
4 Parsley Sprigs
8 oz. Penne Pasta
½ tsp. Red Pepper Flakes
¾ oz. Dijon Mustard
1 ½ oz. Sundried Tomatoes
1 oz. Shaved Parmesan

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Medium Pot
Colander
Medium Pan

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Prepare the Ingredients

Bring a medium pot of **lightly salted water** to a boil. Put a colander in the sink. Thoroughly rinse produce and pat dry. Rinse **shrimp** and pat dry. Slice **garlic** “Goodfellas” thin (very, very thin slices). Zest **lemon** and halve. Stem and coarsely chop **parsley**.



Cook the Pasta

Add the **penne** to **boiling water** and stir constantly for the first 30 seconds to prevent sticking. Simmer 9-10 more minutes until pasta is al dente. Ladle 2 cups of **pasta water** out of pot into a container and reserve to make sauce. Drain pasta in a colander and set aside.



Cook the Shrimp

Heat 2 tsp. of **olive oil** in a medium pan over medium-high heat. Add **shrimp** and cook until first side caramelizes, about 3 minutes. Flip onto second side and cook one more minute. Add **garlic** and **red pepper flakes** (to taste) and cook until fragrant, no more than 20 seconds.



Finish the Sauce

Add 1 cup **reserved pasta water** to pan along with **juice from lemon half** (to taste). Add **sun-dried tomatoes**, **Dijon mustard**, and **half the parsley** (reserve remaining for garnish) back to pan. Cook for 2-3 minutes until slightly thickened. Add more pasta water to thin sauce if desired.



Combine Pasta with the Sauce

Add **lemon zest**, **half the Parmesan**, 2 tsp. **olive oil** (extra virgin if possible), and **penne** to the pan with the sauce and stir to coat evenly. Season with a pinch of **salt and pepper**.



Plate the Dish

Divide the **pasta** and **shrimp** between two bowls. Garnish with **remaining shaved Parmesan** and **remaining parsley**.