



PARMESAN PASTA, POPCORN SHRIMP & SPINACH BAKE

Sautéed spinach and parmesan pasta with SeaPak Popcorn Shrimp will please the family

Yield: 5

INGREDIENTS

1 pk.	18 oz SeaPak Popcorn Shrimp
3 tbsp.	Olive oil
1/2 C	Finely Diced Onions
5 C	pre-washed bagged spinach, stems removed and roughly chopped (Also try with kale!)
2 Unit	Garlic Cloves, Minced
2 tbsp.	Flour
3 C	1% milk
2 C	Parmesan cheese, grated
	Zest from 1 lemon
1 lb	pasta (rotini or fusilli), cooked according to package directions
	Kosher salt and freshly ground black pepper

PARMESAN CRUSTED SHRIMP SCAMPI

DIRECTIONS

- 1 Preheat oven to 350°F. Spray a medium baking dish with nonstick cooking spray and set aside
- 2 In an extra-large sauté pan over medium heat, add olive oil and cook onions until translucent (5 minutes). Stir in spinach and garlic and cook until spinach has wilted.
- 3 Add flour, stirring for one minute. Stir in milk and cheese, stirring constantly until mixture begins to boil and thicken.
- 4 Add lemon zest. Season to taste. Fold in pasta and pour mixture into the prepared baking dish. Bake until browned and bubbly (30-40 minutes).
- 5 Remove from oven and allow to rest while shrimp are baking. Prepare popcorn shrimp according to directions on the box. Add hot cooked popcorn shrimp to top of the baked pasta and serve.