



## BROCCOLI, PARMESAN AND SHRIMP PASTA

A good healthy main course that you and your kids will love

**Yield:** 6 Servings

### INGREDIENTS

- 1 Unit Broccoli bundle, stems removed and cut into florets  
Salt and Ground Black Pepper, to Taste
- 2 Item Lemons, juiced and zested
- 1 C Chicken or vegetable broth
- 3 Item Garlic Cloves, Minced
- 4 tbsp. Butter, divided
- 1 lb Dried penne pasta
- 2 Unit SeaPak Jumbo Butterfly Shrimp
- 1/2 C Freshly Grated parmesan cheese



### DIRECTIONS

- 4 Pour into a large serving bowl. Sprinkle with Parmesan cheese and top with SeaPak Jumbo Butterfly Shrimp.
- 3 In a large saucepan with a tight-fitting lid, add 4 tablespoons butter and heat at a medium-low temperature. Add garlic and sauté, stirring constantly, for 1 minute. Add the broth, lemon juice and zest. Salt and pepper to taste. Add broccoli and cover the pan with the lid. Cook together (steaming the broccoli) until the broccoli is crisp but tender, about 4 minutes. Add the broccoli and sauce to the pasta, and toss to coat.
- 2 Cook penne pasta according to package directions; drain and cover.
- 1 Prepare SeaPak Jumbo Butterfly Shrimp according to package directions, and keep warm while preparing pasta.