

# Creamy One Pan Shrimp Pasta

**Serves Four - Five**



## Ingredients

14 ounces rotini pasta  
2 tablespoons butter, cubed  
4 cloves of garlic, minced  
½ brown onion, thinly sliced  
1 pound fresh (or defrosted frozen shrimp), peeled and deveined  
2 cups chicken broth  
¼ teaspoon red pepper flakes  
Zest of one lemon  
2 tablespoons freshly squeezed lemon juice  
Kosher salt and freshly ground pepper to taste  
¼ cup half and half  
¼ cup heavy cream  
½ cup freshly grated parmesan cheese  
⅓ cup finely chopped Italian flat-leaf parsley

## Steps

1. Preheat oven to 425°F.
2. Spread the pasta evenly on the bottom of the pan. Dot the butter cubes around the pasta. Add the garlic, onion and shrimp. Pour the chicken stock over the pasta and add the red pepper flakes, zest and lemon juice. Season with salt and pepper.
3. Using a spatula, press the pasta into the chicken stock ensuring that it is touching the liquid. Cover the pan with foil and bake for about 25 minutes - or until the noodles are almost al dente. Add the half and half and heavy cream, stir ensuring any hard-ish noodles are covered in liquid, cover and bake again for 10 minutes or until the pasta is al dente.
4. Remove the pan from the oven. Take off the foil, top with parmesan cheese and parsley. Serve hot!