

Pasta with Shrimp in a Tomato Cream Sauce

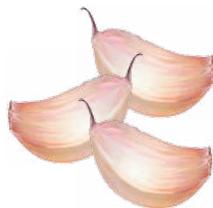
Preparation time	20 minutes
Cooking time	35 minutes
Servings	5-6
Cost per serving	\$2.40
Storage	The sauce will keep for 2 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, large pot, whisk, colander, wooden spoon.



Ingredients



1 box (450-500 g) dry **spaghetti**



3 **garlic** cloves, peeled and minced (optional)



1 can (398 ml) **tomato sauce**



15 ml (1 tbsp) **dried parsley**



300 g (2/3 lb) **northern shrimp**, cooked and shelled



Salt and pepper to taste

TO MAKE THE BECHAMEL SAUCE



45 ml (3 tbsp) **butter** or non-hydrogenated margarine

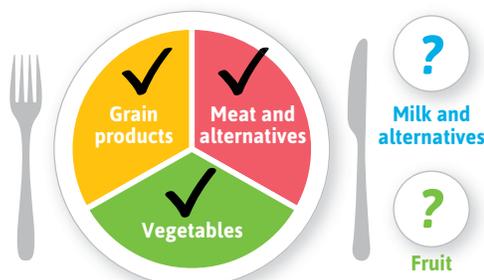


45 ml (3 tbsp) **flour**



500 ml (2 cups) **milk**

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Balanced plate

Serve with:

? Vegetables to round out the serving (green vegetables, for example) and a fruit

? A glass of milk or fortified soy beverage

Directions

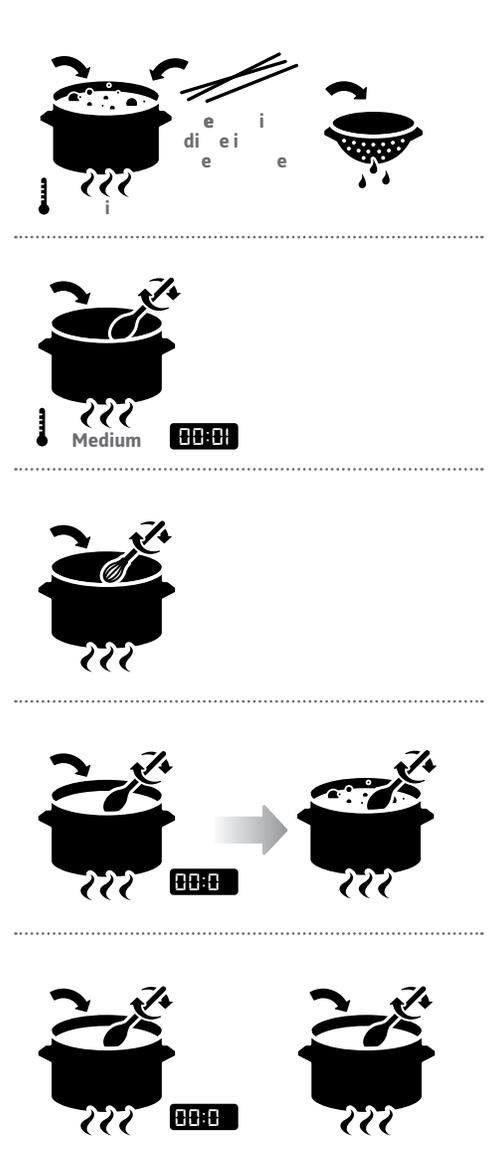
- 1** In a large pot, cook the spaghetti as indicated on the package. When cooked, drain the spaghetti and set it aside in the colander.
Tip: Use the cooking time to prepare your side dishes (green vegetables, for example).

- 2** Put the pot used to cook the spaghetti back on the stove over medium heat and add the **butter** or margarine and **garlic**. Stir to cook for about 1 minute.

- 3** Add the flour, stirring with the whisk. Add the milk gradually, whisking constantly until the sauce thickens.
Tip: Watch our video Learn to cook in 30 seconds – Making a béchamel (white sauce) available on our website.

- 4** Add the tomato sauce, stir and cook 5 minutes, or until the tomato cream sauce is hot and begins to boil, stirring gently.

- 5** Add the parsley, shrimp, salt and pepper. Simmer for 2 to 3 minutes until the shrimp are warm. Add the drained spaghetti to the pot and blend.



My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition