Pesto Shrimp and Asparagus Pasta



SERVINGS: 2 PREP TIME: 5 MINUTES COOKING TIME: 10-15 MINUTES

INGREDIENTS

- 1 tbsp (14 g) avocado oil
- 6 oz (168 g) shrimp, peeled and deveined
- 1 small bundle asparagus, chopped.
- Salt and pepper to taste
- 6 oz (170 g) dry lentil based pasta
- 3-4 tbsp (60 g) pesto (made with olive oil. Seggiano is a clean brand)
- add pinch of red pepper flakes
- Optional add 1 cup of spinach or kale

DIRECTIONS

1. Cook lentil pasta as directed on the package.
2. While pasta is cooking, heat avocado oil in a medium skillet. Add asparagus and cook for 2 minutes. Add shrimp, sprinkle with salt and pepper. Continue to cook for 4-5 minutes, flipping the shrimp once.
3. Once pasta is fully cooked, drain and rinse. Toss pasta with shrimp, asparagus, and pesto sauce.
4. add red pepper flakes
5. If adding spinach add when heat is off and toss within hot pasta to wilt but keep color
6. finish with more salt and pepper if needed

NUTRITION INFO

Calories: 544, Carbohydrate: 56 grams, Protein: 39 grams, Fat: 20 grams