

Seasonal Eating

Spicy Shrimp and Mushroom Pasta

1/2" diameter handful thin whole wheat spaghetti
2 tablespoons olive oil, divided
10-12 medium shrimp, peeled and deveined
1/4 onion, chopped
4 ounces mushrooms, sliced
kosher salt and black pepper
1 tablespoon tomato paste
1 clove garlic, pressed
pinch red pepper flake
1/2 cup chicken broth
1/2 teaspoon paprika
1/4 teaspoon onion powder
1 teaspoon Italian seasoning
grated Parmesan cheese

Bring a large pot of salted water to a boil. Add the spaghetti and cook until tender, about 7 minutes. Meanwhile, in a skillet, heat 1 tablespoon of the olive oil over medium high heat. Add the shrimp and sauté until opaque, about 4-5 minutes. Remove to a bowl. Add the remaining tablespoon of oil to the skillet. Add the onion and mushrooms, season with a little salt and pepper and sauté until the vegetables are lightly browned and the mushrooms have released all their liquid. Move the vegetables to one side and add the tomato paste, garlic and red pepper flakes. Cook for a minute to wake up the flavors. Add the chicken broth, paprika, onion powder and Italian seasoning. Cook for a couple of minutes to reduce a little and then add shrimp and pasta. Cook for a minute to combine. Divide into two flat bowls and top with a little grated cheese.