

Shrimp Fra Diavolo – Virtual



Fra diavolo means “brother devil” in Italian and this dish takes a standard tomato, onion and garlic sauce and adds plenty of fiery heat from spicy crushed red pepper flakes.

YIELD 3 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

4 oz	Whole Wheat Spaghetti
1 ½ tsp	Olive or Canola Oil, divided
8 oz	Shrimp, peeled and deveined
½ each	Onion, small dice
2 cloves	Garlic, minced
¼ cup	Dry White Wine
14 oz	Crushed Tomatoes, canned, low sodium or no salt added
½ cup	Vegetable Stock, no salt added
¼ tsp	Oregano, dried
¼ - ½ tsp	Crushed Red Pepper Flakes
⅛ tsp	Kosher Salt
To Taste	Black Pepper
2 Tbsp	Fresh Herbs, chopped (Parsley, Basil, or a combination)
¼ cup	Parmesan Cheese, grated

CHEF'S NOTES

Buying frozen shrimp is cost effective and makes for quick dinners. To defrost, simply place shrimp in a colander (strainer) in the sink and run cold water over them for a few minutes (while you prep your other ingredients) before peeling and deveining. Shrimp is sold by size and the numbers refer to the count per pound. Lower numbers mean bigger shrimp. For pasta dishes, we like shrimp that aren't too big and recommend sticking to 20-24 or 16-20.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Fill a large pot with 3 quarts of water and bring to a boil. Once boiling, add the pasta and cook until al dente (about 10-12 minutes). Strain and set aside.
3. Meanwhile, in a large sauté pan, heat 1 tsp of the oil over medium heat and swirl to coat the bottom of the pan evenly. Once the oil is hot, use tongs to add the shrimp to the pan in an even layer and cook undisturbed, until lightly browned and starting to curl, about 1-2 minutes. Flip the shrimp to finish cooking on the other side, about 1-2 more minutes. Remove the cooked shrimp to a clean plate and set aside.
4. Add the remaining ½ tsp oil to the pan, then the onions and cook until translucent and lightly browned, about 2-3 minutes. Add the garlic and continue to cook until fragrant, about 30-60 seconds.
5. To deglaze the pan, add the white wine and scrape the bottom of the pan with a wooden spoon or spatula to release any brown bits (AKA fond) stuck to the bottom of the pan. Allow the wine to cook down for about 1-2 minutes.

6. Add the crushed tomato, stock, oregano, pepper flakes, salt and black pepper to the pan. Stir to combine and simmer over medium-low heat for about 8 -10 minutes.
7. Remove from the heat and add the shrimp back to the pan along with the fresh herbs and cooked pasta. Stir to combine thoroughly. Sprinkle with the parmesan cheese and serve.

Nutrition Facts

3 servings per container

Serving about 1 cup pasta with sauce &

Size about 2 oz. shrimp (339 g)

Amount per serving

Calories **300**

% Daily Value *

Total Fat 6g **8%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 100mg **34%**

Sodium 320mg **14%**

Total Carbohydrate 36g **13%**

Dietary Fiber 6g **23%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 21g **41%**

Vitamin D 0.03mcg 0%

Calcium 150mg 12%

Iron 1mg 6%

Potassium 300mg 7%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food, "Shrimp Fra Diavolo" (8/16/19)



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