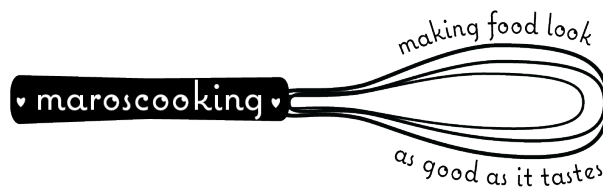


Spaghetti with Creamy Avocado-Pea Sauce and Seared Rock Shrimp

Ingredients to serve 4

- 🍴 6-8 ounces spaghetti
- 🍴 12 rock shrimp or other shrimp of choice, peeled and deveined
- 🍴 2 medium avocados
- 🍴 3 cups of frozen peas, 1 cup reserved for garnish
- 🍴 3 garlic cloves
- 🍴 1 bunch basil
- 🍴 fresh squeezed juice of ½ lime
- 🍴 1 cup vegetable broth
- 🍴 1 tablespoon olive oil
- 🍴 1 tablespoon canola oil
- 🍴 1-2 teaspoons Old Bay seasoning
- 🍴 salt and pepper to taste
- 🍴 fresh chives for garnish
- 🍴 Smoked paprika



Directions:

Heat the peas with a tablespoon of olive oil and ¼ cup of broth in a small saucepan and season with salt and pepper. Heat just until peas are thawed and cooked through.

Place the garlic, avocados, 2 cups of cooked peas, lime juice, basil and remaining vegetable broth in the food processor. Purée until smooth and creamy. Season with salt and pepper. Set aside while you cook your spaghetti and sear your shrimp.

In a large cast iron skillet or heavy bottom sauté pan, heat the canola oil. Pat your shrimp dry with paper towel and season both sides with Old Bay seasoning. Heat oil to medium high, then sear shrimp for about 2 -3 minutes each side, and keep warm while you prepare spaghetti according to package directions.

Reserve about a cup of pasta cooking liquid and drain spaghetti. Place avocado pea sauce in the pasta pot and heat on low to warm, adding reserved pasta cooking liquid to thin sauce if necessary. Add the spaghetti to warmed sauce and toss to coat thoroughly.

Divide the pasta in bowls, add peas, chopped chives, 3-4 shrimp and sprinkle with smoked paprika. Serve immediately and enjoy!