

Seafood Penne Alfredo

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Serves 4

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Ingredients:

12 oz. Penne Pasta
2 TBSP Extra-Virgin Olive Oil
2 large cloves of Garlic minced
1 large Shallot minced
Zest of one Lemon
(Peel off strips with a vegetable peeler)
1 $\frac{3}{4}$ cup Heavy Cream
8 oz. sliced White Mushrooms
8 oz. Bay Scallops
8 oz. uncooked shrimp (31/35 ct.)
(peeled and deveined)
 $\frac{3}{4}$ cup freshly grated Parmesan Cheese
(Parmigiano Reggiano)
Dash of Nutmeg
Sea Salt and Freshly Cracked Black Pepper to taste
Freshly chopped Flat leaf Parsley for garnish



Directions:

Prepare the penne as directed on the box. Meanwhile, heat the olive oil in a large skillet over medium heat. Add the mushrooms and sauté until tender (8-10 minutes). Add the garlic, shallot and lemon zest and sauté, stirring constantly so the garlic doesn't burn (about 2 minutes). Remove and discard the lemon zest. Add the cream and heat for 1 -2 minutes. Add the seafood and cook for about 5 minutes or until the shrimp are pink and opaque. Add the parmesan cheese and heat until the cheese is melted and incorporated. Add the nutmeg then salt and pepper to taste. Drain the pasta and add it to the sauce, stir to combine and coat evenly. To serve, top with the chopped parsley.