

Pasta with Shrimp and Warm Orange Salad

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 10 minutes

Serves: 4

CChints: Buy shrimp when it is on sale and ask if your store still has it frozen. Buy in 2-3 pound frozen bags and only take out what you need for each recipe. Write on the bag how many you pull out each time. You can not freeze shrimp that has been previously frozen. Before you buy from your supermarket, ask if the shrimp has been previously frozen. Also, always cook with a wine that you would serve with the meal. For this recipe it can be a Chardonnay or Pinto Grio. When you cut the rind off the 2 oranges, save them in a bag in your freezer. They can be used in another recipe that calls for orange zest. Run under water first and they'll zest easily.



1 pound of wheat or multi grain angel hair pasta
1 tablespoon extra-virgin olive oil
3 tablespoons yellow onion, diced
4 tablespoons white wine
1 pound shrimp, shelled and deveined
Salt and pepper to taste
2 large oranges
5-6 ounces of fresh spinach
1 teaspoon lemon zest
1/4 cup fresh lemon juice, 1 lemon
1/2 teaspoon minced fresh ginger or ginger paste
1/8 cup extra-virgin olive oil
1/2 cup chopped walnuts
Garnish: optional sliced green and/or kalamata olives

Cook pasta according to package directions. During this cooking time, prepare the rest of the dish. When the pasta is done, drain and keep it warm. The shrimp will take you a few minutes to prepare. To prepare the orange, use a sharp knife to cut the rind off the oranges. You can see the membranes between the sections. Run your knife along one side of the membrane and push gently to the center of the orange. Then run your knife along inside membrane of the same orange section to get the flesh out. Do the same until you have all the flesh out of the orange and put them in a bowl. Put the rinds in a plastic bag and freeze for another time when you need some orange zest.

In a large nonstick skillet, heat the oil over medium heat. Add the onions for 2 minutes and then the garlic for 30 seconds. Slowly add the wine to the pan. Add the shrimp through spinach to the pan. The spinach will look like a lot but it will cook down on 3-4 minutes. Stir occasionally and keep watch over the shrimp. It is done when it turn pink and begins the curl up. Remove from the heat and cover the pan. The spinach will continue to wilt.

To prepare the dressing, whisk together the lemon zest through oil to a small bowl. Zest the lemon before cutting into it. All the pressing on the lemon to get the zest will actually start the juices flowing so it will be easier to squeeze out the juice.

To plate, combine the pasta with the orange and shrimp mixture. Plate each serving and drizzle with the dressing and sprinkle with the nuts.