

---

# Light & Creamy Pasta with Asparagus & Shrimp

Total time: 40 min Yield: 4 Servings

## Ingredients

1 lb 31-40 size shrimp (shelled and deveined)  
1 bunch asparagus (woody part discarded)  
1 lb linguine or fettuccine pasta  
4 oz lite or fat-free cream cheese  
1 cup chicken stock  
juice of 3 lemons (reserve lemon zest)  
salt (to taste)  
fresh ground black pepper (to taste)  
parmesan cheese

Prep Time: 40 min Total Time: 40 min

## Instructions

Place a large pot of water over high heat and bring to a boil. Add peeled/cleaned shrimp and asparagus and poach for 2 to 3 minutes or less, until shrimp has just turned pink. Remove from heat and set aside. Prepare pasta according to package directions, drain, reserving 2/3 cup of the cooking liquid. Heat a small sauce pan over medium heat and slowly add the cream cheese to the stock, using a whisk to break up and blend the two ingredients. If the sauce is too thick, add some cooking liquid. Once the cream cheese has been mixed in, whisk in the lemon juice.

Slice the asparagus in diagonal pieces and add to the cream sauce, along with the shrimp. Plate the pasta and pour sauce over the top, then finish with Parmesan, lemon zest, salt and pepper and serve.

## Recipe brought to you by:

Chef Michi Holland

## Source:

Chef Michi Watarai