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## **Creamy Shrimp Pesto Pasta**

Yield: 4 min Total Time: 20 min

Recipe from: https://www.recipeschoose.com/recipes/shrimp-pesto-pasta-recipes

## **Ingredients:**

- 1 pound large shrimp peeled and deveined
- butter I always cook with unsalted, but salted is fine
- all purpose flour you need this to thicken the sauce
- half n half << that's equal parts heavy cream and whole milk
- Parmesan cheese use the fresh stuff for best flavor!
- pesto sauce << this is my homemade recipe, but store-bought is totally fine!
- black pepper
- red pepper flakes
- 1 pound linguine
- 1/4 cup unsalted butter
- 2 cloves garlic minced
- 1 tablespoon all purpose flour
- 2 cups half and half
- 1 cup freshly grated Parmesan cheese
- 1/2 teaspoon kosher salt not table salt
- 1/2 teaspoon black pepper
- 1/8 teaspoon red pepper flakes cracked
- 1/3 cup pesto sauce homemade or store-bought
- 1 pound large shrimp peeled and deveined, thawed if frozen
- basil Fresh torn, for garnish, optional

## **Nutrition:**

Calories: 1170 calories
Carbohydrate: 106 grams
Cholesterol: 465 milligrams

4. Fat: 49 grams5. Fiber: 6 grams6. Protein: 77 grams7. SaturatedFat: 25 grams

8. Sodium: 1180 milligrams

9. Sugar: 4 grams

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