

Italian Shrimp Fettuccine Fra Diavolo

Serves 2

Cal 643

- Salt, as needed
- 227 g fettuccine
- 2 T olive oil
- 1 medium yellow onion, diced
- 1 tsp crushed red pepper flakes, more to taste
- 3 cloves garlic, minced
- 120 ml dry white wine
- 1 can diced tomatoes, drained
- 2 T coarsely chopped fresh oregano, more for garnish
- 2 T coarsely chopped fresh tarragon, more for garnish
- 2 T coarsely chopped fresh basil, more for garnish
- 340 g cooked large shrimp (31 to 35 per 450 g)



1. Bring a large pot of well-salted water to a boil. Cook the pasta according to the package directions until al dente.
2. Drain, reserving 120 ml cooking water. Set the pasta and reserved water aside separately.
3. Heat the **oil** in a large heavy-bottomed skillet over **medium-high heat** until it shimmers.
4. Add the **onion**, **1 tsp salt**, and **red pepper flakes**. Cook, stirring occasionally until the onion is translucent, **about 3 minutes**.
5. Add the **garlic** and cook until just fragrant, **about 30 seconds**.
6. Add the **white wine**, and continue to stir until mostly evaporated, **about 3 minutes**.
7. Add the **drained tomatoes** and fresh **herbs**, stirring frequently until the mixture is well combined and fragrant, **about 3 minutes**.
8. Add the **cooked pasta** and the **reserved pasta water**. Cook, stirring continuously until the pasta is warmed through and the sauce thickens slightly, **about 2 minutes**. Adjust the seasoning to taste.
9. Add the **cooked shrimp** and toss.
10. Divide the mixture between 2 bowls, garnish with more fresh herbs and red pepper flakes, if desired, and serve.