

# Pasta Primavera with Shrimp and Walnuts

## エビとくるみの春野菜パスタ

Serves: 2



### Ingredients

- 160 g pasta (fettuccine or tagliatelle) パスタ
- 200 g shrimp (peeled) エビ
- 30 g walnuts (rough chopped) くるみ
- 120 g asparagus アスパラガス
- 100 g sugar snap peas スナップエンドウ
- 80 g frozen peas (thawed) 冷凍グリーンピース
- 40 g onion or shallot 玉ねぎ
- 80 g Greek yogurt ギリシャヨーグルト
- 40 g Parmigiano Reggiano パルミジャーノ
- 1 T / 14 g olive oil オリーブオイル
- 2 cloves garlic にんにく
- 1 tsp / 5 g low-sodium soy sauce 減塩醤油
- Salt + MSG 塩+MSG
- Black pepper 黒こしょう
- 1 T parsley パセリ
- ½ tsp dried tarragon 乾燥タラゴン



Fettuccine



Tagliatelle

### Instructions

#### 1. Prepare vegetables

- • Cut **asparagus** into bite-size pieces (tips whole)
- • Slice **snap peas** diagonally
- • Thaw frozen **peas** and drain well

#### 2. Prepare shrimp (fresh or frozen)

- • If frozen: thaw completely and pat very dry
- • Moisture removal is critical to avoid steaming

#### 3. Cook shrimp

- • **Air fryer: 180°C** for **5–6 minutes** (light oil spray)
- • Remove when just cooked

#### 4. Cook vegetables

- • Heat **olive oil** in pan (**medium heat**)
- • Add **onion** → **2 minutes**
- • Add **asparagus + snap peas** → **3–4 minutes**
- • Add **peas + garlic** → **1 minute**

#### 5. Cook pasta

- • Boil in salted water until al dente
- • Reserve 100 ml pasta water

#### 6. Build sauce (**low heat**)

- • Add **yogurt + Parmesan + pasta water**
- • **Do not boil**

## 7. Finish

- • Add **pasta + shrimp + walnuts + herbs**
- • Adjust **seasoning** and loosen with **pasta water**

### WHY

Yogurt stabilized with pasta water prevents splitting

Shrimp cooked separately prevents overcooking

Walnuts add texture and omega-3

Frozen peas handled to avoid excess moisture

### Nutrition (per serving)

Kcal: 520 | Protein: 35 g | Fat: 18 g | Sat Fat: 6 g | Carbs: 55 g | Sugars: 6 g |

Fiber: 6 g | Sodium: 650 mg | Omega-3: 1.5 g

### Nutrition (total dish)

Kcal: 1040 | Protein: 70 g | Fat: 36 g | Sat Fat: 12 g | Carbs: 110 g | Sugars: 12 g

| Fiber: 12 g | Sodium: 1300 mg | Omega-3: 3.0 g