

Broccoli, Shrimp & Basil-Walnut Pesto Pasta

ブロッコリーとえびのバジル・くるみ
ペストパスタ

Servings: 2



Ingredients

Pasta

- 160 g dried pasta (fusilli, penne or farfalle)
(パスタ)

Vegetables

- 250 g broccoli, cut into bite-size florets (ブロッコリー)

Protein

Choose one:

- **150 g frozen cooked shrimp**, thawed and patted dry (冷凍えび)
- or
- **120 g kani kamaboko**, cut into 2 cm diagonal slices (カニかまぼこ)

Sauce

- 75 g Mediterranean Basil-Walnut Pesto
- 2–3 Tbsp reserved pasta cooking water

Garnish

- 15 g freshly grated Parmesan
- Fresh basil leaves
- Freshly ground black pepper
- Lemon wedges

Instructions

Prepare the Broccoli

Bring a large pot of salted water to a boil. Cook broccoli **2–3 minutes** until crisp-tender. Lift out with a strainer. Reserve.

Cook the Pasta

Cook pasta until al dente. Reserve **½ C pasta water**. Drain.

Prepare the Protein

Shrimp

Heat 1 tsp olive oil. Cook only until warmed through. Do not overcook.

Kani Kamaboko

Warm gently during the final mixing. No additional cooking is necessary.

Finish

Return pasta to the warm pot.

Add:

- **pesto**
- **broccoli**
- **shrimp (or kani)**
- **2 T pasta water**

Toss gently. Add more pasta water if needed. The sauce should lightly coat the pasta rather than becoming thick.

Serve

Top with:

- Parmesan
- Basil
- Black pepper

Serve immediately with lemon wedges.

Variations

- Chicken & Broccoli Pesto
 - Salmon Pesto Pasta
 - Asparagus & Mushroom Pesto Pasta
 - Peas & Spinach Pesto Pasta
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Chef's Notes

- Cooking the broccoli in the pasta water preserves flavor and reduces cleanup.
 - Frozen shrimp add lean protein while keeping preparation quick.
 - Kani kamaboko offers a lighter, Japanese-inspired variation that pairs surprisingly well with basil and walnuts.
 - The reserved pasta water is essential—it emulsifies the pesto into a silky sauce that coats the pasta evenly without additional cream.
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Nutrition (Approximate)

Per Serving (Shrimp Version)

Kcal: ~610 | Protein: ~35 g | Fat: ~24 g | Sat Fat: ~5 g | Carbs: ~60 g | Sugars: ~4 g | Fiber: ~6 g | Sodium: ~480 mg | Omega-3: ~0.8 g