

Shrimp and Asparagus with Orzo

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Serves 4, 7 FSP per serving

- 4 cups chicken broth or stock + about 1 cup extra if needed
- 8 ounces orzo pasta
- 1 lemon zest and juice
- 2 cloves garlic (minced)
- pinch red pepper flakes (optional)
- 1 pound asparagus (woody ends removed and cut into 1 inch pieces)
- 1 1/2 pounds shrimp, peeled and deveined
- 1 Tbsp olive oil (divided)

1. In a large stock pot bring chicken broth to a boil.
2. Cook orzo according to package directions. When done, drain in a mesh strainer over a bowl to reserve broth. Set aside
3. In a large cast iron skillet (or non stick if you don't have cast iron), heat 1 1/2 tsp of the olive oil over medium high heat.
4. Once the oil shimmers, add the shrimp in a single layer, sprinkle with salt and pepper. DO NOT STIR. Let cook 3-4

minutes on one side until crispy, then stir, cooking 1-2 minutes more or until pink. Set aside.

5. Add remaining 1 1/2 tsp oil to pan and cook the garlic and red pepper flakes about 30 seconds until fragrant.
6. Add the asparagus and lemon zest. Season with salt and pepper. Cook 3-4 minutes or until asparagus is deep green and softened. Add lemon juice, shrimp and pasta back to the pan.
7. Stir to combine and lower the heat to medium low. Add in the stock, cooking until reduced by about half and the orzo has a risotto-like texture. Adjust seasonings. Serve with fresh grated Parmesan cheese if desired
8. *****NOTE: The orzo soaked up most of the broth, so I did not have much reserved to add back into the pan – I added an additional cup of chicken broth back in