

Easy Shrimp Fettuccine

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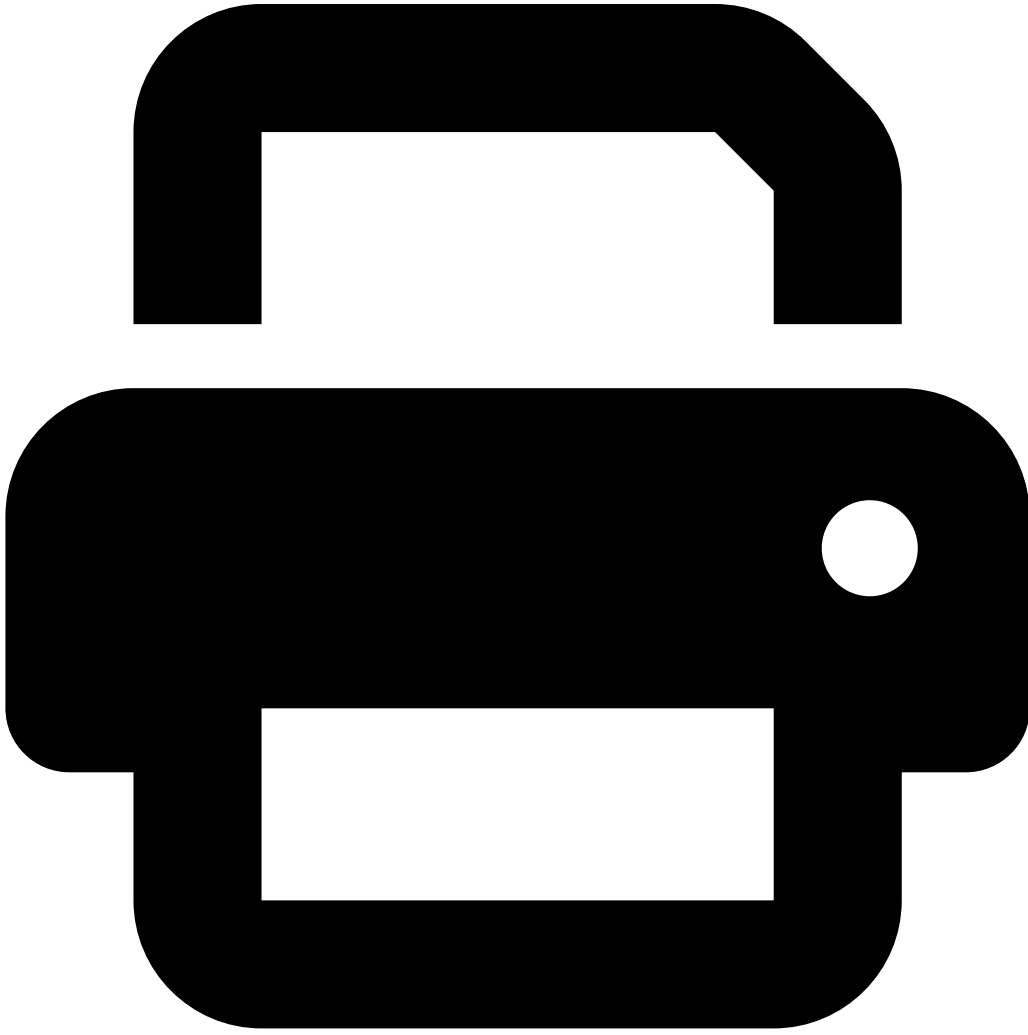
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What could be more prefect for a quick light dinner than a meal that comes together in 30 minutes and a family favorite? I like quick recipes for family dinners that doesn't have me running to the store for ingredients only used in one or two recipes.

This Easy Shrimp Fettuccine recipe is one of my favorites, not only does it have a lot of my favorite flavors it's super easy.

It's similar to the old classic shrimp fettuccine in marinara, using fresh garden tomatoes as the main sauce ingredient, for a fresh light Summer meal, that's prefect any day of the week.

A few Tips When Making Easy Shrimp

Fettuccine

When cooking the pasta for this Easy Shrimp Fettuccine salt the water before bringing the water to a boil. The water should be boiling rapidly before dropping the pasta.

I used Fettuccine , you can use any shape pasta or flavor pasta you like, and don't forget to save the pasta water, an important step that's easy to forget. It's also easier if the pasta water pan is on the back burner and the saute pan on the front one.

I like this 8 quart stock pot for pasta and soups. Use a large enough saute pan so you don't crowd the fish, if your sauteing the shrimp

In the restaurant we precooked our pasta halfway and ran it under cold water to stop the cooking process,

when we had an order we put the pasta in a strainer, dropped in boiling water, it taste like it was just cooked .

You can use the same process at home, if you cooked to much it stays fresh for 1 to 2 days.

The whole idea behind food and creating recipes is to experiment and have fun doing it....!!!!!!Happy day

If you make this recipe let me know your experience, comments, feedback whatever you feel like talking about.

That's my favorite part and please don't forget to tag me on Instagram

Easy Shrimp Fettuccine



Tender shrimp, fresh tomatoes, spinach, and fettuccine are tossed in a creamy Parmesan sauce with garlic and herbs for a comforting Italian pasta bursting with fresh flavor.

- 1 lb Fettuccine
 - 1 lb large shrimp cleaned
 - 1 lb garden tomatoes
 - 2 cups chopped spinach
 - 1 cup reserved pasta water
 - 1 cup cream
 - 1 cup parmesan cheese
 - 2 tbsp olive oil
 - 2 tbsp chopped garlic
 - $\frac{1}{2}$ chopped onion
 - $\frac{1}{2}$ cup each Italian parsley and basil
 - Salt and pepper to taste
1. Cook pasta according to package directions saving 2 cups of the water before draining
 2. Meanwhile in a large saute pan on medium high heat salt and saute the shrimp until pink remove and set aside
 3. Add the onion and garlic saute until tender and just beginning to brown
 4. Add the tomatoes saute until tomatoes are blistered and soft
 5. Add the heavy cream and reserved pasta water simmer

until thickens about 15 minutes add spinach and herbs
last 5 minutes

6. Return shrimp to pan just to heat through

7. Toss cooked Buctani in sauce Top with additional
parmesan

Cod And Tomatoes

Cod And Tomatoes

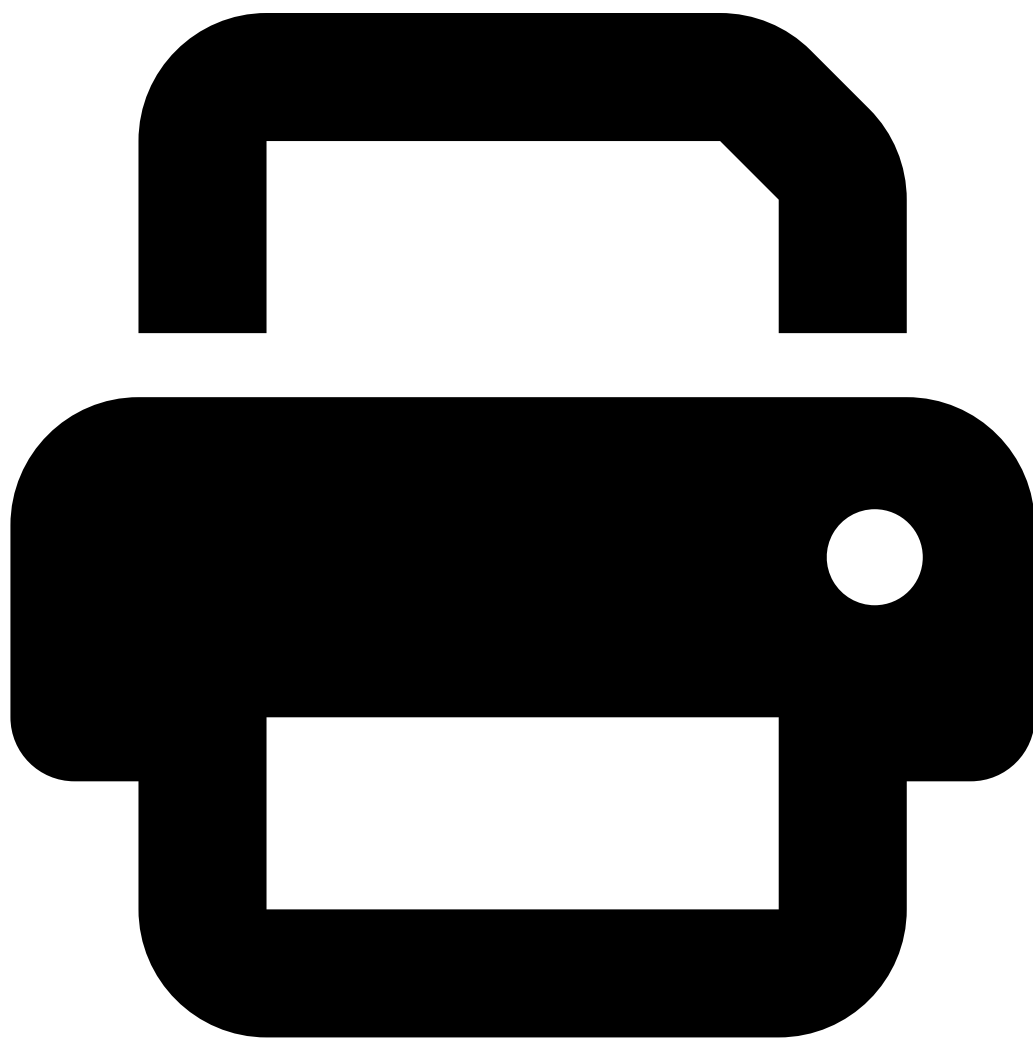
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Who doesn't like one pan cooking? I love, love one pan cooking. not only are there less pots and pans to clean up, It's quicker. This off the boat fresh Ling Cod with blistered garden tomatoes recipe comes together using one pan, is quick and delicious. First you brown the fish then remove it while you make the fresh tomato sauce, it's that simple to have a restaurant quality meal at home.

If you have the right pots and pans not only is one pan cooking easier, everything you make cook is easier. here is a link to a starter pot and pan set.

A few Options When Making Cod And Tomatoes

I used Ling cod. If you don't like cod use another firm fish. I've made it with red snapper and halibut both delicious. The capers add a bit of tang which I like paired with fish dishes

that also use tomatoes.

If you don't like the idea of frying the tomatoes, spread them on a cookie sheet, drizzle with olive oil, garlic, salt and pepper and roast on a high 400 degree oven until blistered, and adding them back to the pan along with the fish.

When Which ever method you prefer this recipe is sure to become a family favorite and crowd pleaser.

If you make this Cod And Tomato recipe please leave me a comment and please tag me on Instagram. I love hearing from you It's my favorite part.

It's a prefect meal when you're looking to incorporate more fish into your weekly meal plan, and it's decant enough for Saturday night dinner with friends

Cod and Tomatoes



Tender cod is simmered with blistered cherry tomatoes, spinach, and capers in a creamy herb sauce for a light Italian seafood dish that's rich, fresh, and full of flavor.

- 1 lb Cod
- $\frac{1}{2}$ cup flour
- Salt and pepper to taste
- 1 lb cherry tomatoes cut in half
- 1 cup chopped spinach
- 1 cup heavy whipping cream

- 1 cup chicken stock
- 2 tbsp chopped garlic
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ cup capers
- 1 tbsp each chopped Italian parsley, basil, and thyme
- 2 tbsp each olive oil and butter

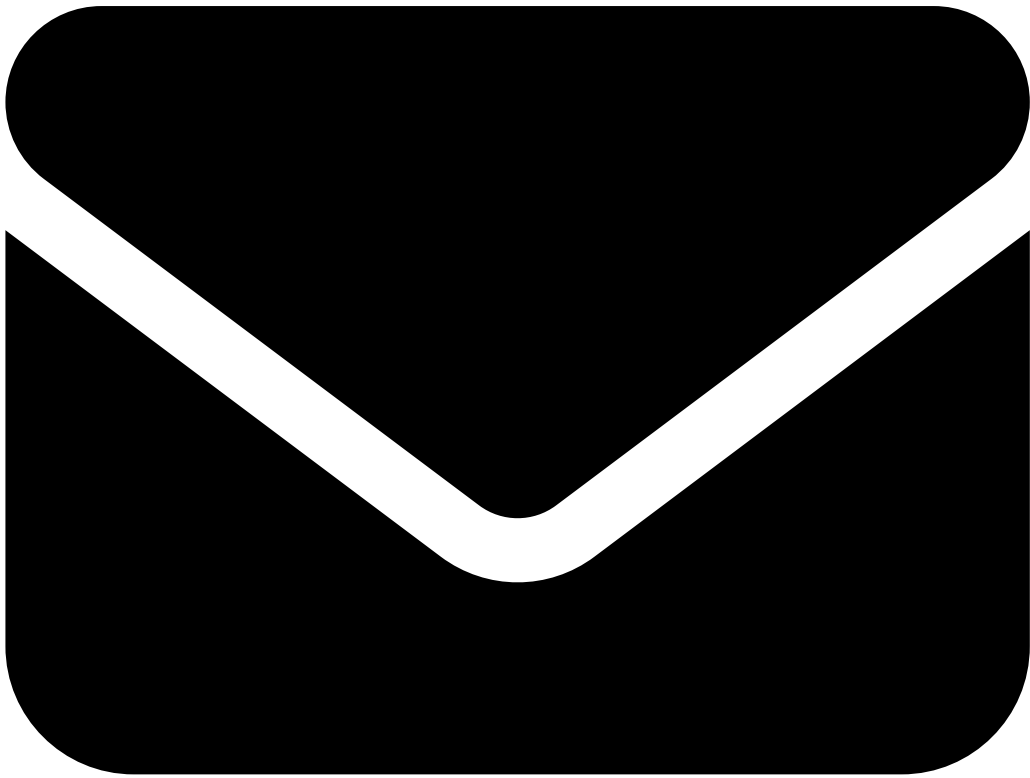
1. Salt and pepper fish
2. Coat with flour shaking off excess
3. Heat oil and butter add onion and garlic saute until opaque
4. Add tomatoes fry until blistered add herbs push to one side of pan
5. Add Cod brown on both sides remove from skillet
6. Add heavy whipping cream and chicken stock
7. Simmer until thickens about 10 minutes
8. Add spinach and capers
9. Return fish to pan
10. Simmer 5 minutes more

Creamy Shrimp Salad

Creamy Shrimp Salad

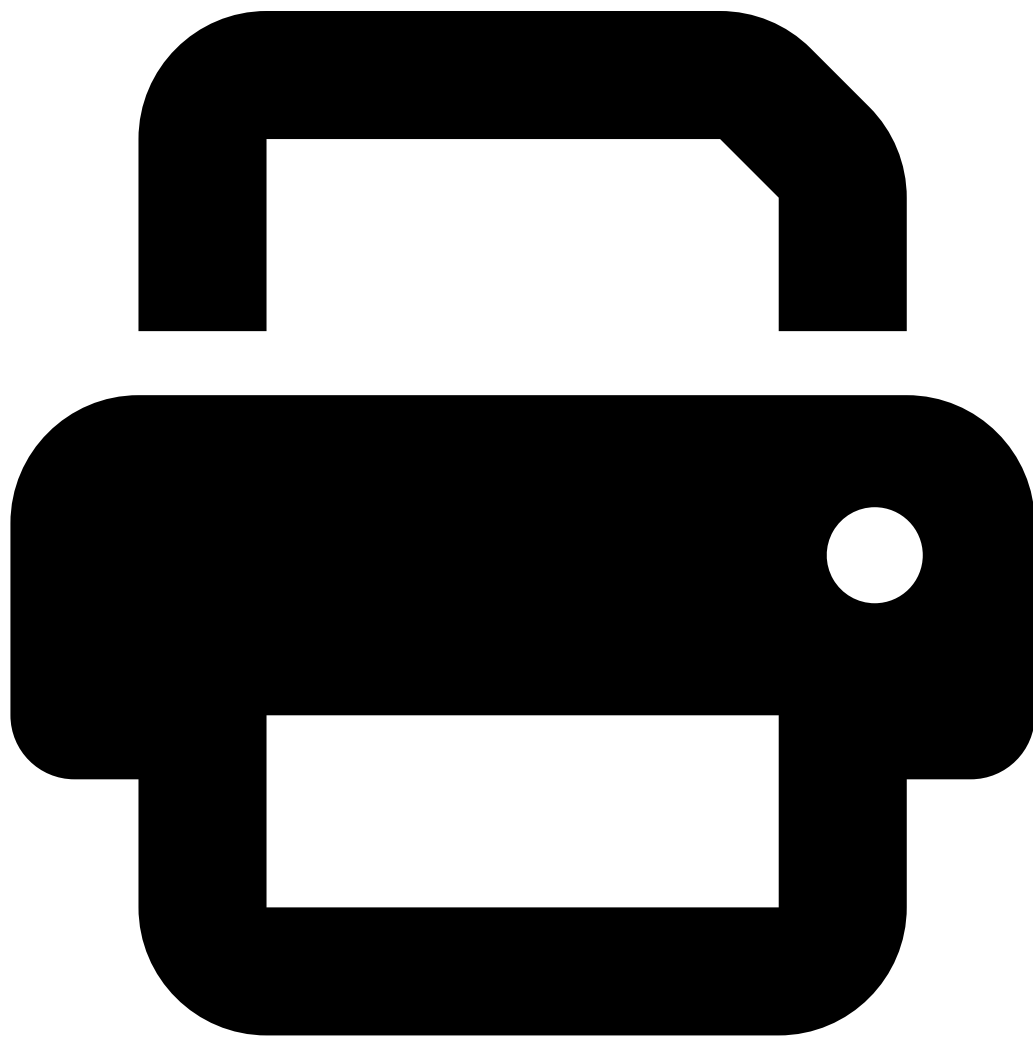
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Say good bye to flavorless salad and say hello to this Creamy Shrimp Salad. It's perfect for last minute dinner, lunch or a quick side for those summer barbecues. Full of fresh Summer flavors makes this salad a family favorite and a great bring along to potlucks and celebrations.

This recipe is really easy and using just a few ingredients. The only wait time is in marinating the shrimp, or else this delicious salad could be ready in the time it takes to cut the ingredients that go into it.

In restaurants or home kitchens if your properly prepped and ready to cook it makes cooking less stressful. We know for instance, were going to use onions and garlic in most recipes so chop more than you need for future use.

Things To Know About Creamy Shrimp

Salad

This Creamy Shrimp Salad is one of those salads who's flavors improve after a few hours in the fridge. It's also a salad that travels well, making it a perfect bring along to potlucks, but remember to keep it cold.

It's also the perfect dinner when the temperatures are rising and you want something light and refreshing. I don't know about you, but for me the Summer heat can take away appetite for heavy, rich food.

One more thing, cut the radishes and cucumbers as thin as possible and put them in cold water in the fridge the night before, drain well before adding them to the yogurt, for extra crisp>

this is a great Summer recipe if you make it please leave me a comment and don't forget to tag me on Instagram, I love hearing from you!!!!

Creamy Shrimp Salad



Tender shrimp are marinated in a bright lemon and dill dressing, then served over crisp vegetables with a creamy Greek yogurt dressing for a fresh, flavorful meal.

- 1 lb cooked deveined small shrimp thawed
- Juice from 2 lemons

- 1 cup plain Greek yogurt
- $\frac{1}{3}$ cup olive oil
- 1 tbsp chopped garlic
- 1 bunch fresh dill chopped
- 1 cup each sliced thin cucumber and radishes
- $\frac{1}{2}$ red onion chopped
- 2 heads romaine lettuce washed and cut in large pieces
- Salt and pepper to taste

1. In a bowl mix the garlic, lemon juice, olive oil, salt, pepper and 1/2 bunch of the dill divide in half
2. In a separate bowl marinate the shrimp with half the reserved marinade set aside
3. Add the yogurt to the remaining marinade
4. Toss the lettuce, cucumbers, radishes and red onion with the yogurt dressing
5. Add The marinated shrimp

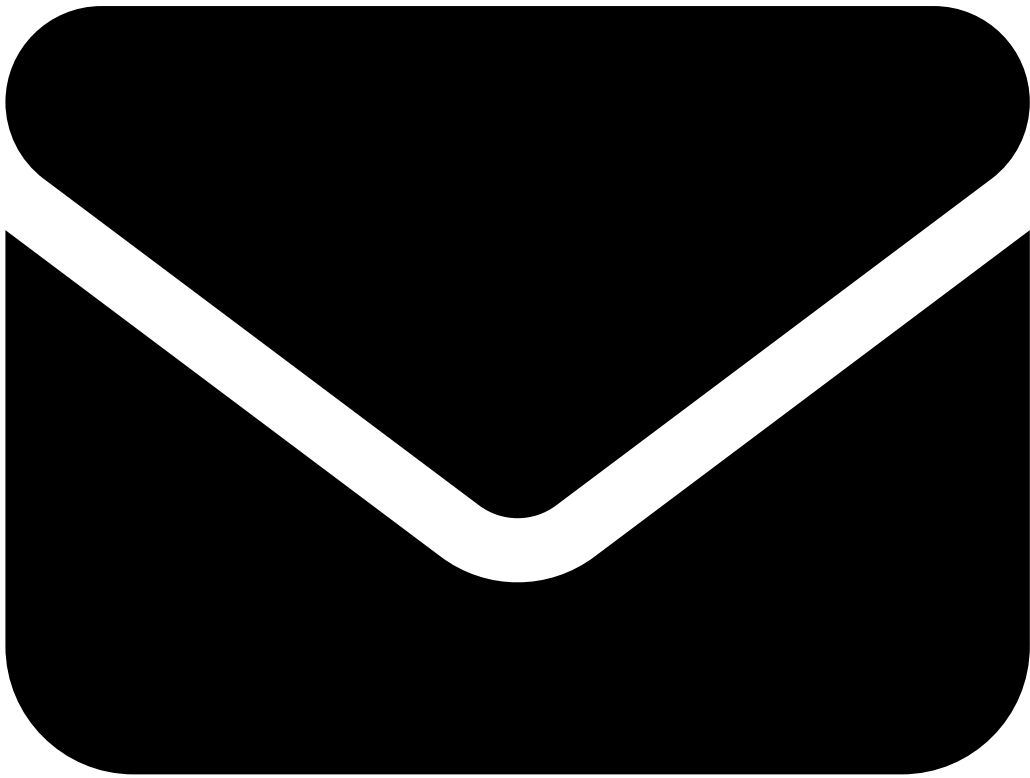
Shrimp and Broccoli Penne Pasta

Shrimp and Broccoli Penne

Pasta

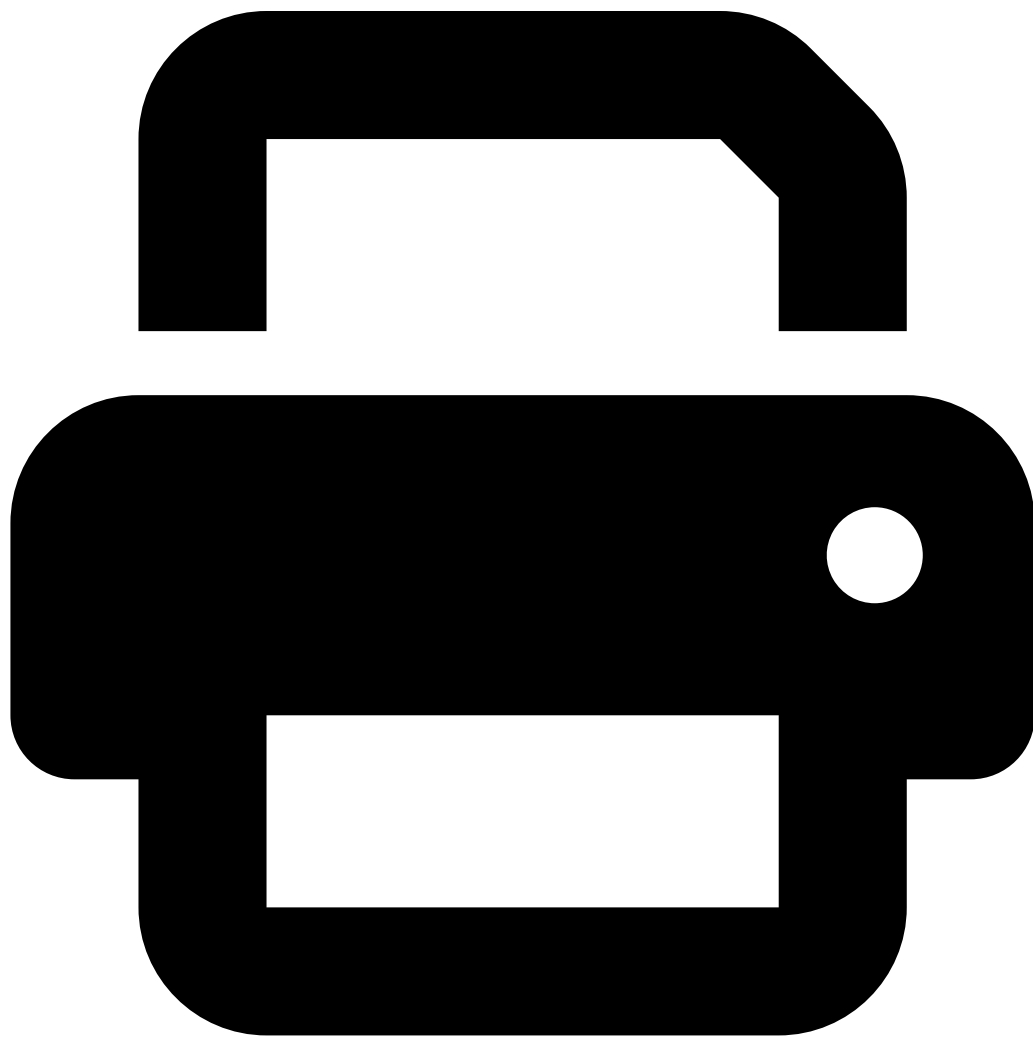
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This Shrimp and Broccoli Penne pasta can be on your table in less than thirty minutes, and it's perfect for last minute dinner or when unexpected company is coming.

I have made a lot of pasta dishes in my life, in the restaurants and in my home kitchen, this is definitely up there in my favorites list, it's healthy and easy to make.

This recipe takes as long to cook as it takes to boil the pasta, The cheesy sauce is a restaurant quality Mac N Cheese. The key to making this not your average cheesy pasta is using three different kinds of cheese and adding broccoli, spinach and jumbo shrimp.

Things to know about this Shrimp and Broccoli Penne Pasta recipe

Like most of my recipes this Shrimp Broccoli Penne is

customizable to fit your lifestyle and taste. If you don't like shrimp you can use chicken, if using chicken leave the chicken in the pan to simmer along with the sauce. I used whole milk for a creamer sauce, you don't have to, low fat works. I don't recommend using nonfat. You can also change up the broccoli and spinach or leave it out and add something else, like mushrooms.

My family likes penne rigata pasta so that's what I used in this recipe. plus I like the way the cheesy sauce hangs on to lines in the pasta. (Penne rigata is penne shaped pasta with lines).

Use whatever short shape you like. It's also a good idea to get in the habit of reserving a cup or two of pasta water. Pasta water is the magic ingredient to change the consistency of your pasta sauce, without adding more milk or cream.

If you make this recipe please leave me a comment and don't forget to tag me on Instagram, I love hearing for you!!!!

Shrimp and Broccoli Penne Pasta



Tender shrimp, broccoli, and spinach are tossed with penne in a rich, cheesy cream sauce for a hearty Italian pasta that's creamy, comforting, and full of flavor.

- 1 lb Penne pasta
- 1 cup each shredded sharp cheddar, Parmesan, and

mozzarella

- $\frac{1}{3}$ cup flour
- 2 cups milk
- $\frac{1}{3}$ stick of butter
- 2 tbsp olive oil
- 1 lb large shrimp
- 2 cups chopped broccoli florets
- 2 cups chopped spinach
- 1 cup each shredded mozzarella, parmesan, and sharp cheddar
- $\frac{1}{2}$ cup chopped onion
- 2 tbsp chopped garlic
- 1 tbsp each Italian parsley and thyme
- 1 tsp nutmeg
- salt and pepper to taste

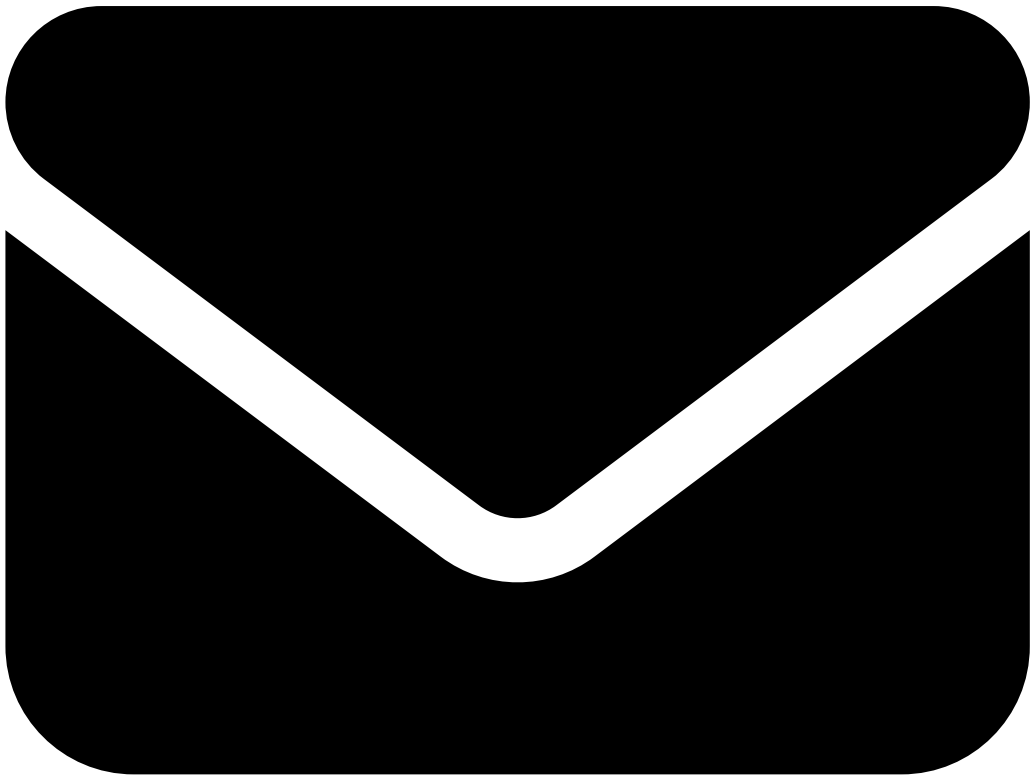
1. Cook pasta according to package directions
2. In a saute pan heat the oil and butter
3. Salt and Saute the shrimp just until cooked through 3 to 5 minutes remove
4. Add chopped onions and garlic saute until tender and just beginning to brown
5. Whisk flour, milk, nutmeg salt and pepper together until smooth
6. Add to saute pan
7. Add cheese simmer for 10 minutes
8. Add broccoli and spinach
9. Simmer 10 more minutes or until sauce is thicken
10. Return shrimp to sauce heat through
11. Add drained pasta toss to blend

Creamy	Seared	Scallop
Fettuccine	Pasta	

Creamy	Seared	Scallop
Fettuccine	Pasta	

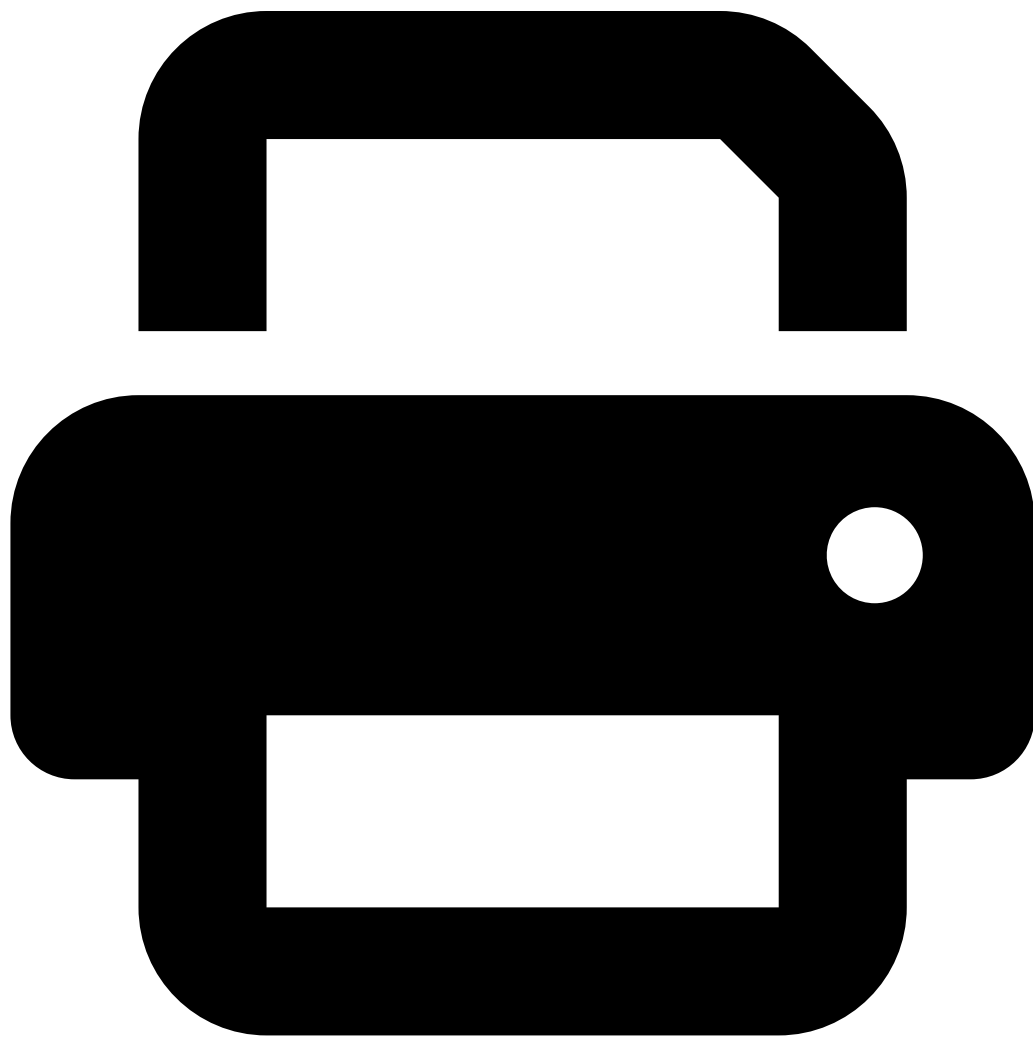
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If you love scallops your going to love this creamy Seared Scallop Fettuccine pasta. This decant meal is for sea food lovers but even non lovers like it.

The scallops are tender, sweet and packed with delicate flavor, and easy to prepare. Scallops are a highly prized shell fish for their delicate texture and taste. when cooked properly they are sweet and tender and turn a weeknight meal into a celebration.

Whether using large sea scallops or the small bay scallops, just a few on a plate, turns a meal into a special occasion.

This is a prefect dinner when your craving Italian but want easy too. Scallops, bacon and pasta tossed in a light creamy sauce full of Italian flavors. It's a restaurant quality recipe made easy for the home cook.

Things to know about this Creamy Seared Scallop Fettuccine Pasta

In this Seared Scallop Fettuccine the scallops are perfectly seared for my taste. Here's how to get perfectly seared scallops. Start by patting the scallops dry with paper towels.

Next salt and pepper the scallops, meanwhile in a large saute pan bring the olive oil and butter to medium high heat. Saute the scallops being sure they are not crowded in the pan three minutes on each side turning once.

The combination of butter and olive oil produce a seared crust without burning the delicate scallops. Not crowding the pan also helps the scallops to sear and not be colorless.

In this recipe I used large 16 – 20 scallops sea scallops you can use the smaller bay scallops and your also not tried down to using fettuccine, use any long shape pasta you like. If you like scallops as much as I do try my personal favorite Seared Scallops with Creamy Orzo

If you make this recipe please leave me a comment and don't forget to tag me on Instagram. I love hearing from you !!!!

Creamy Seared Scallop Fettuccine Pasta



Perfectly seared scallops are tossed with fettuccine in a creamy Parmesan sauce with pancetta and spinach for a rich, comforting Italian pasta.

- $\frac{1}{2}$ lb Fettuccine
- 1 lb large scallops
- 2 tbsp each olive oil and butter
- 2 tbsp chopped garlic
- $\frac{1}{2}$ cup chopped onion
- 2 cups spinach chopped
- 1 cup diced pancetta
- 1 cup parmesan cheese
- 1 cup heavy whipping cream
- 1 cup reserved pasta water
- 1 cup chicken stock
- 1 tbsp each chopped Italian parsley and basil
- Salt and pepper to taste

1. Cook Fettuccine according to package directions reserve 1 cup of the water before draining
2. Remove the tough side mussel from the scallops . then pat them dry. Salt and pepper to taste
3. Heat oil and butter over medium high heat add the scallops turning once to brown both sides, (3-4 minutes per side)remove and set aside.
4. In the same pan add the onion and garlic cook until soft and translucent. Then add the pancetta and cook until brown
5. Add heavy whipping cream, chicken stock, reserved pasta water and parmesan cheese
6. Simmer until thickens about 10 minutes
7. Add spinach simmer 5 minutes longer

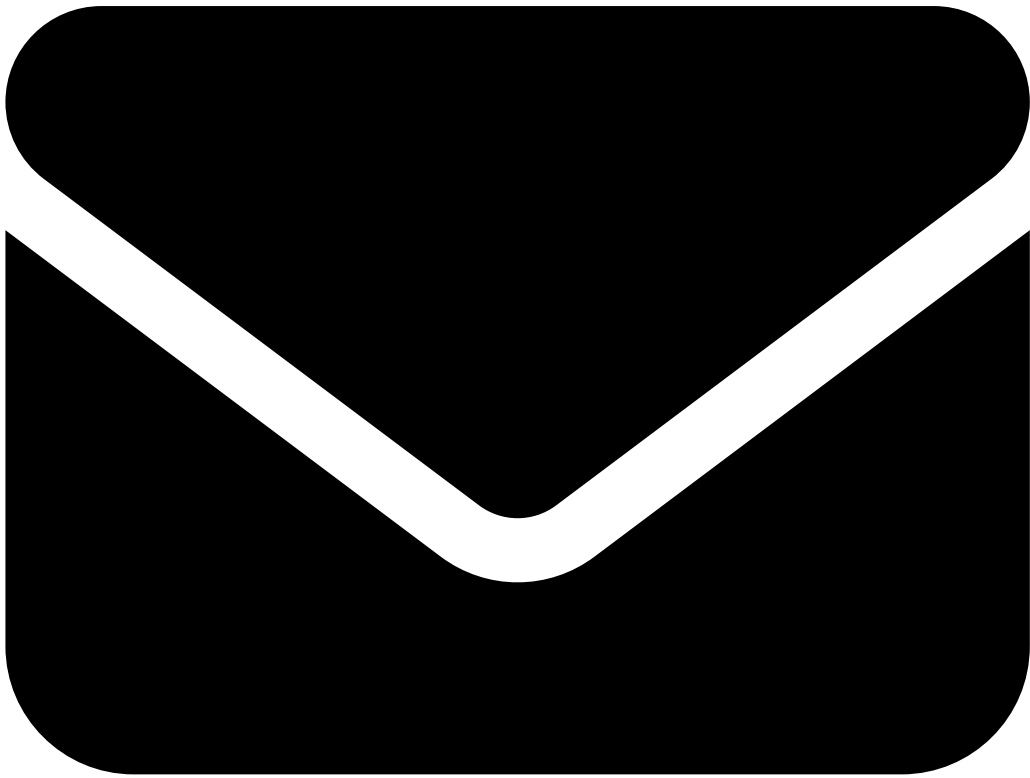
8. Return scallops to pan just to heat through
 9. Toss cooked fettuccine in sauce adjust salt and pepper to your taste
 10. Top with additional parmesan
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Sweet and Tangy Balsamic BBQ Sauce Recipe

Sweet and Tangy Balsamic BBQ Sauce Recipe

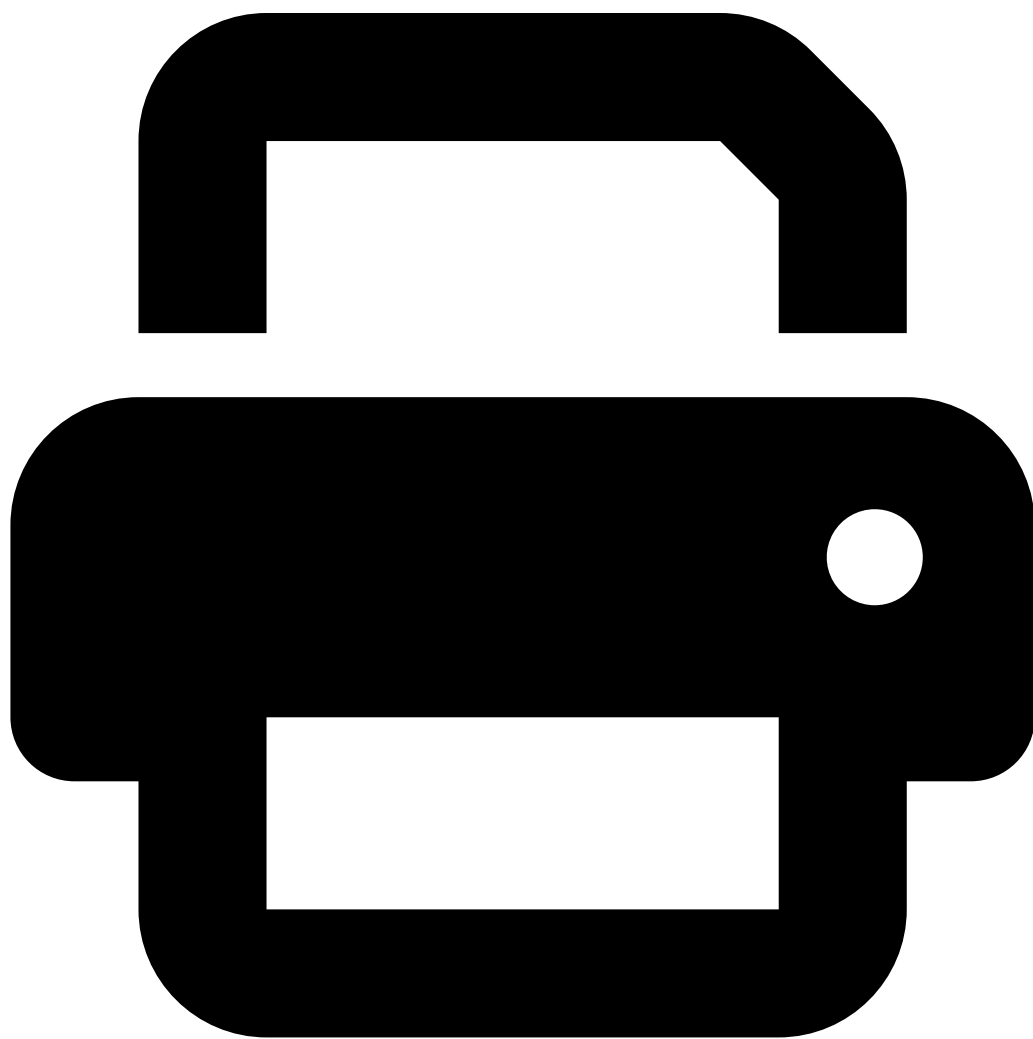
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This sweet and tangy Balsamic BBQ Sauce is the best barbecue sauce that is both sweet and tangy is ready in 15 minutes and made from scratch.

BBQ sauce is one of those foods that differ from state to state you have Kansas City style, Memphis style, Texas style and many between. Everyone has their personal favorite. I like them all.

Growing up in an Italian household our BBQ sauce consisted of a basic olive oil, garlic, lemon juice and herbs, still one of my favorites.

But today I wanted to share this quick and easy BBQ sauce that uses few ingredients you probably have on hand, is ready in 15 minutes. and comes out prefect every time.

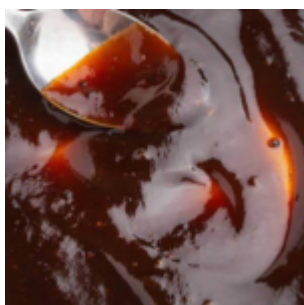
Things to know about this Sweet and Tangy Balsamic BBQ Sauce Recipe

When you make this Balsamic BBQ sauce as a made-ahead meal prep allow it to cool, then pour it onto mason jars. Seal it tight with a tight fitting lid and store it in the refrigerator to use for quick and easy meals throughout the week.

It's the prefect sauce to use for pulled pork or chicken and keeps fresh in you fridge up to 2 weeks.

If you make this BBQ sauce please leave me a comment, let me know in what recipe you used it, and don't forget to tag me on Instagram with your creations I love hearing from you!!!

Sweet and Tangy Balsamic BBQ Sauce



Rich balsamic vinegar, brown sugar, and smoky spices simmer together to create a sweet and tangy BBQ sauce that's perfect for chicken, ribs, burgers, and more.

- 2 cups ketchup
- 1 cup water
- 1 cup balsamic vinegar
- $\frac{1}{2}$ cup brown sugar
- 2 tbsp hot sauce
- 1 tbsp garlic powder

- 1 tbsp onion powder
- 1 tbsp smoked paprika
- 1 tbsp Worcestershire sauce
- Salt and black pepper to taste

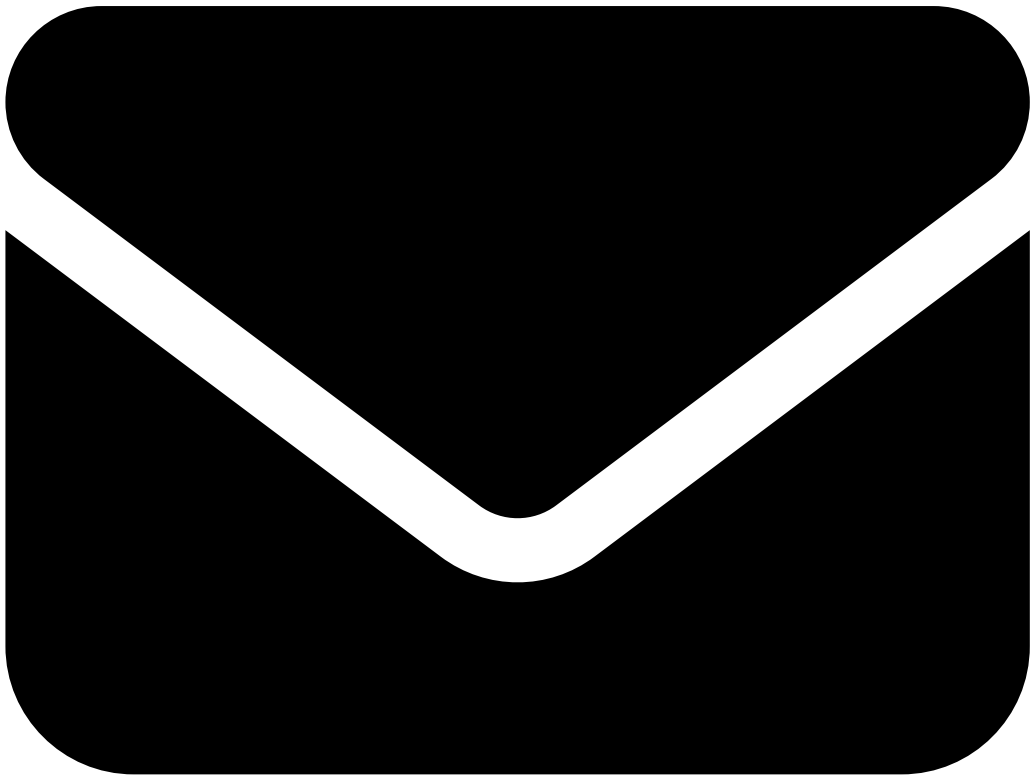
1. In a medium saucepan, combine all ingredients.
2. Stir well and bring the mixture to a gentle simmer over low heat.
3. Cover and let the sauce simmer for 15–20 minutes, stirring occasionally, until thickened to your liking.
4. Taste and adjust seasoning with additional salt, pepper, or hot sauce if needed.
5. Let the sauce cool before using. Store leftovers in an airtight container in the fridge for up to 1 week.

Tuscan-Style Jumbo Shrimp Linguine

Tuscan-Style Jumbo Shrimp Linguine

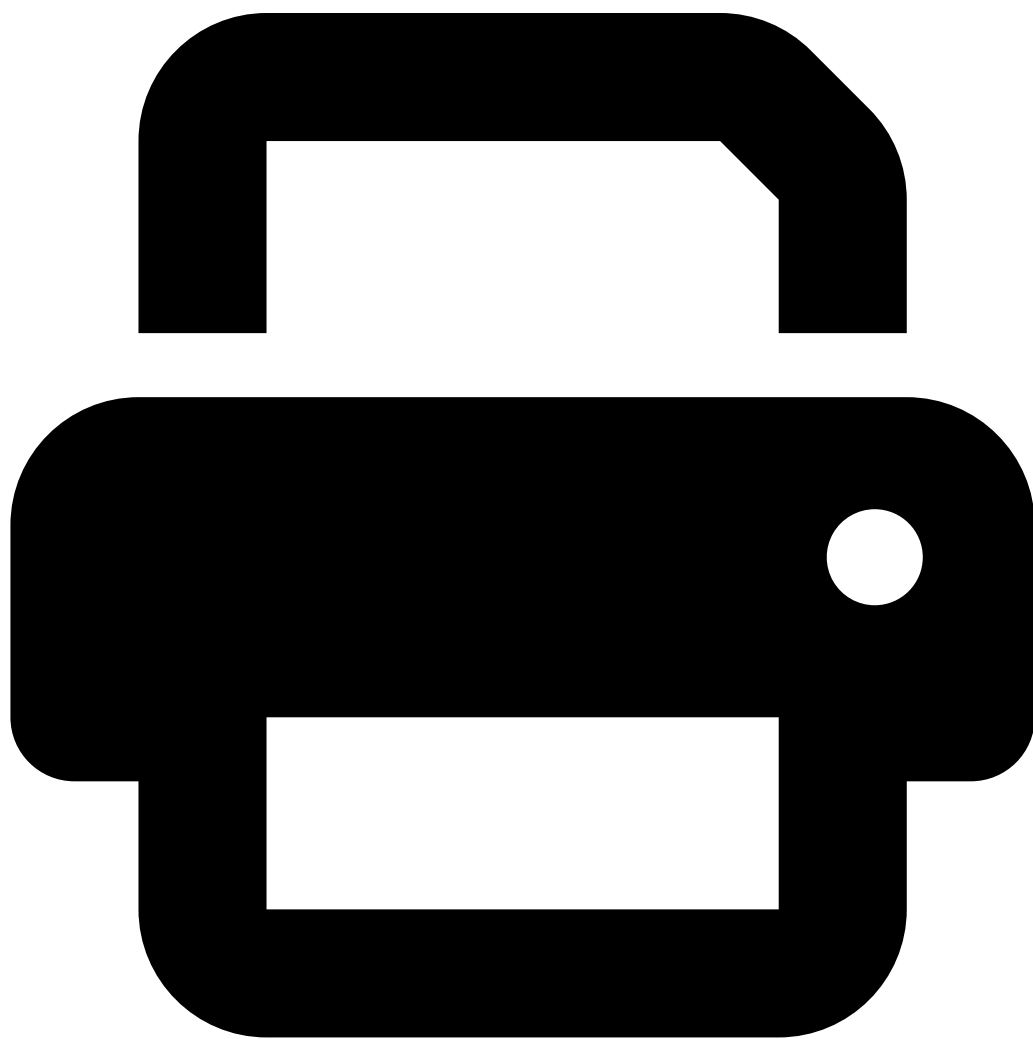
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This Tuscan-Style Jumbo Shrimp Linguine recipe is one that's sure to impress family and friends. It comes together quickly, in less than 30 minutes, is decant enough for Saturday night dinner with friends, and easy enough for family dinners any night of the week.

Jumbo shrimp in a creamy sauce with spinach, garlic, and sun dried tomatoes produce the most delicious sauce prefect for the linguine I used in this recipe. This is one of best pasta dish to add to your weekly pasta night. We need this pasta right now, a very simple, delicious recipe, one your whole family will love. With everything going on in the world and everyone's lives being affected in some way, there is still so much joy and comfort in cooking.

And I'm really wanting to share comforting recipe inspirations with you that uses minimal ingredients and delivers big flavors.

Things to know about this Tuscan-Style Jumbo Shrimp Linguine recipe

In this Jumbo Shrimp linguine recipe I used frozen jumbo shrimp. It's preferable to buy shrimp frozen as fresh is rare, most are sold in five- pound blocks or they come individually frozen.

I recommend opting for the for the second. Individually frozen shrimp tend to show less damage during freezing. They also make it easy to thaw out only the shrimp you need for a single meal.

Of course you can buy smaller qualities that a have been previously frozen but you have to use them within one to two days. I prefer buying the five pound frozen individual ones, and taking out what I need for what Am making, also buying in larger quantities usually means less expensive.

Something else there are ways of describing shrimp size such as jumbo, large or medium in this recipe I used Jumbo which means there are 16-20 shrimp per pound. The smaller the shrimp the more per pound, if all possible buy jumbo with the shells on.

Only defrost what you need, you can defrost them two ways overnight in the fridge or for quick defrost in a bowl of cold water. Shrimp will keep fresh in the fridge for 2 to three days and frozen up to 4 months.

Shell and devien the shrimp just before cooking, keeping the shell on retains flavor. Most importantly shrimp cook quickly overcook them and you end up with dried out shrimp.

One more thing if you ever wondered what the difference is between Shrimp and Prawns there really isn't any except size, this jumbo shrimp can be classified as prawns. If you like shrimp or prawn recipes try my Tomato Piccata shrimp

bucatini, a family favorite.

If you make this recipe please leave me a comment and don't forget to tag me on Instagram, I love hearing from you!!!!

Tuscan-Style Jumbo Shrimp Linguine



Juicy shrimp, spinach, and sun-dried tomatoes are tossed with linguine in a creamy Parmesan sauce for a rich Italian pasta that's full of fresh flavor.

- $\frac{1}{2}$ lb linguine
- 1 lb large shrimp, cleaned and deveined
- 4 cups chopped spinach
- 1 cup sun-dried tomatoes, chopped
- 1 cup grated Parmesan cheese
- 1 cup heavy whipping cream
- 1 cup chicken stock
- 2 tbsp chopped garlic
- $\frac{1}{2}$ cup chopped onion
- 1 tbsp each: chopped Italian parsley, and basil
- 2 tbsp olive oil
- 2 tbsp butter
- Salt and pepper to taste

1. Cook the linguine according to package directions. Reserve 2 cups of the pasta water before draining.

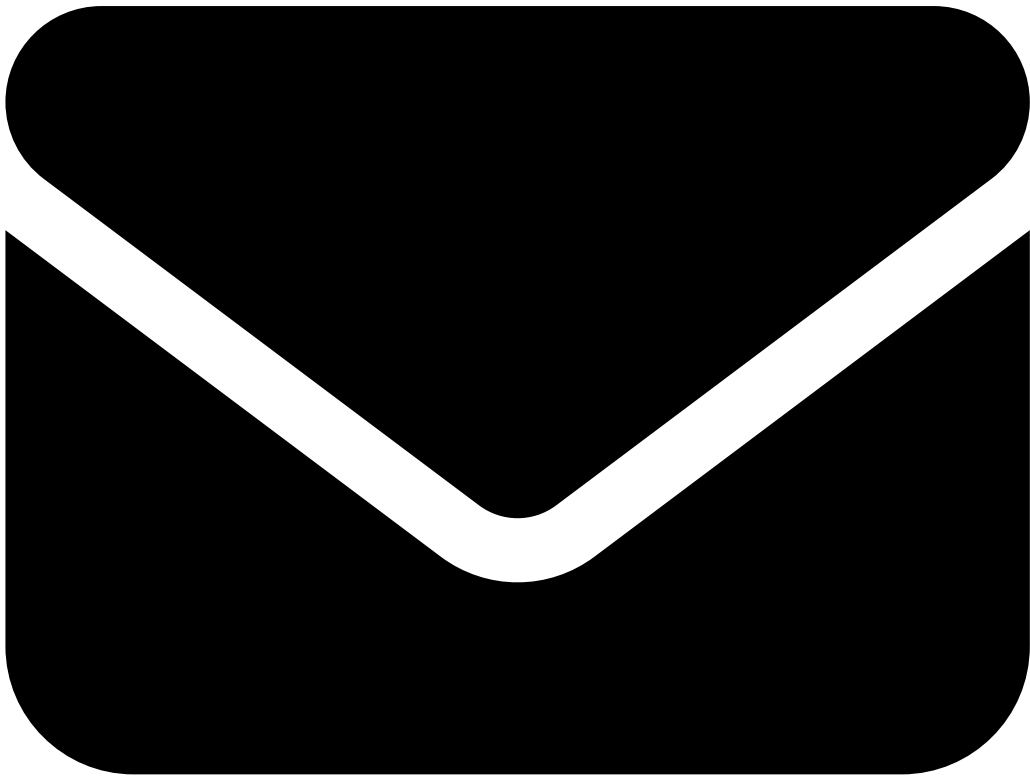
2. In a large skillet, heat olive oil and butter over medium heat. Add the onion and garlic and sauté until tender and just beginning to brown.
 3. Pour in the heavy cream, chicken stock, 1 cup of the reserved pasta water, and Parmesan cheese. Stir well and simmer for about 10 minutes, until the sauce thickens.
 4. Add the chopped spinach and sun-dried tomatoes. Continue simmering for another 10–15 minutes.
 5. Add the shrimp during the last 5 minutes of cooking, stirring occasionally, until the shrimp are pink and cooked through.
 6. Toss the cooked linguine with the sauce, adding more reserved pasta water if needed to loosen.
 7. Top with additional Parmesan cheese and a sprinkle of fresh herbs.
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Easy Tomato Halibut Piccata

Easy Tomato Halibut Piccata

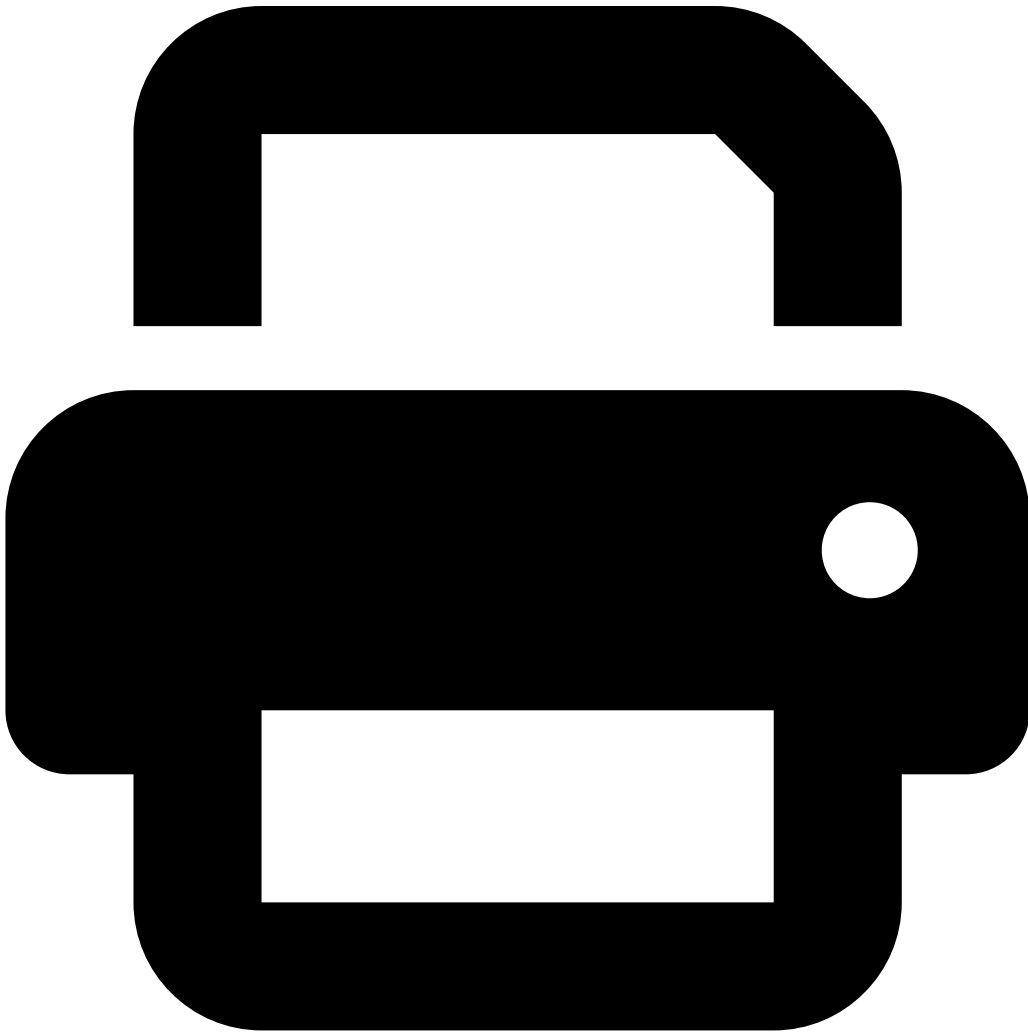
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This easy Tomato Halibut Piccate is from the restaurant menu. Don't let that intimidate you, you can make it in your home kitchen in less than 30 minutes, in one pan.

I try to incorporate fish in my family meals once or twice a week, halibut is one of my favorite white fish, it is firm, yet flaky with a hearty, tender texture. And if you're not big on the taste of fish, you will appreciate the mild flavor of Halibut.

Whether you're trying to add more fish to your diet or just looking for a bright and quick summer dinner that will deliver on flavor and nutrition, this one pan halibut recipe with tomatoes, lemon and capers is the order.

Halibut and tomatoes tossed in a piccata sauce with lots of lemon, olive oil, capers and fresh herbs, make this fish dinner a prefect nutritious family meal any night of the week, and it's a restaurant quality meal prefect for Saturday night

dinner with friends.

Things to know about this Easy Tomato Halibut Piccata

Halibut is a firm white fish, with a mild flavor, making it perfect for the bold lemony, caper sauce in this Tomato Halibut Piccata recipe. but it can be a bit pricey.

If possible buy your halibut at a market that sells fresh of the boat seafood. Typically, one pound of halibut will yield two very generous portions. Buy the thick end of the halibut fillet and to make it easier on yourself, skinless.

Always buy the freshest fish available. Fresh seafood should not have any smell except the salty smell of the ocean.

This is a delicious restaurant quality dinner you can make in your kitchen to show off what a great home chef you are. If you are trying to add more fish to your recipe rotation try my **Quick and Easy Salmon Piccata** or my **Italian dover sole in lemon wine sauce**

If you make this recipe please leave me a comment, and don't forget to tag me on Instagram with your creations. Hearing your you is my favorite part!!!

Easy Tomato Halibut Piccata



Flaky halibut is simmered in a bright tomato, lemon, and caper sauce with fresh herbs for a light Italian seafood dinner that's fresh, vibrant, and full of flavor.

- 1 lb fresh halibut fillet (2 pieces)
- 1 cup grape tomatoes quartered
- 1 tbsp chopped garlic
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{2}$ cup capers
- 1 cup chicken stock
- $\frac{1}{2}$ cup fresh lemon juice
- 2 tbsp each chopped basil, Italian parsley and lemon zest
- 1 tbsp olive oil and 2 tablespoons of butter
- Salt and pepper to taste

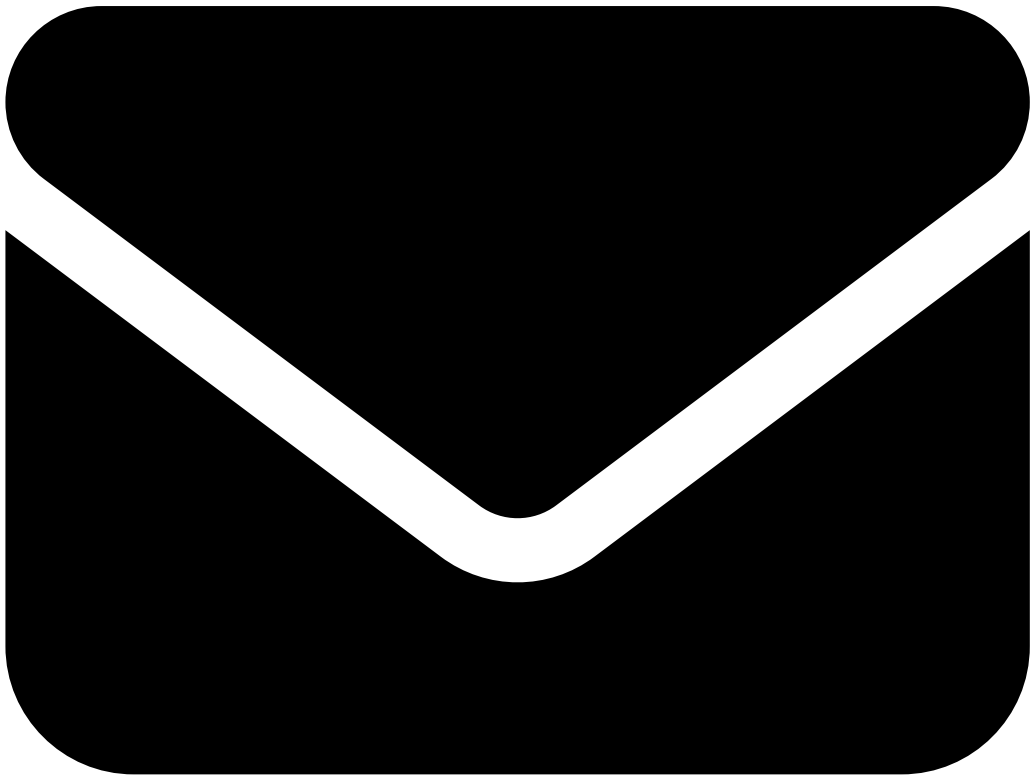
1. Salt and pepper the halibut
 2. In a large saute pan bring the butter and olive oil to medium heat
 3. Sear the fish 3 to 5 minutes per side remove and set aside
 4. Add tomatoes, onions and garlic saute until tender and beginning to brown
 5. Add rest of ingredients simmer 10 minutes
 6. Return Halibut to the pan heat through
 7. Plate pour tomato caper sauce over, sprinkle with additional basil and Italian parsley
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Scallop Orzo Risotto

Scallop Orzo Risotto

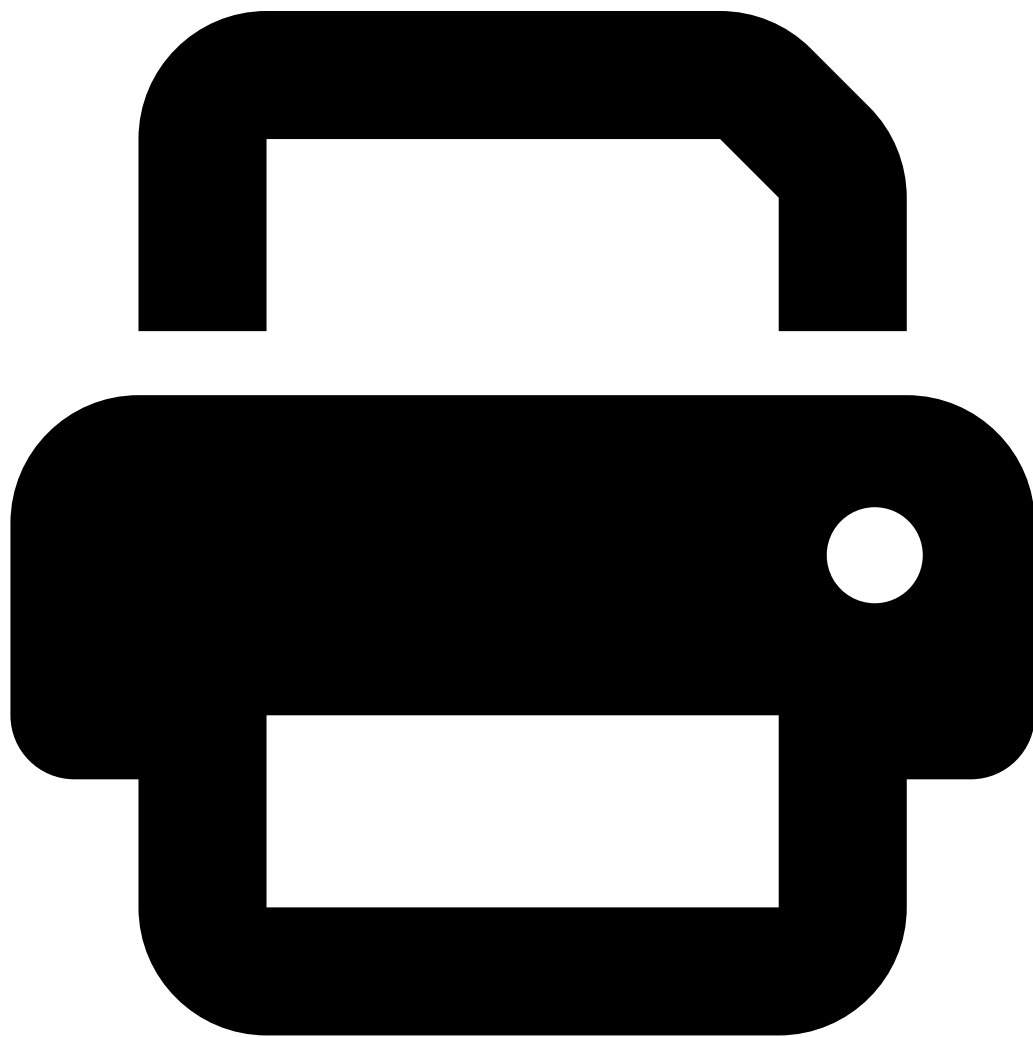
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When it comes to Pasta, Summer is all about lighter ingredients, vibrant color and just picked freshness. You'll find all those flavors in this delicious Scallops Orzo Risotto with seared scallops. The beginning of June always makes me crave Pasta salads.

I know that pasta salads are normally a side dish, but add some protein and you have a complete satisfy dinner your whole family will love.

Pasta is my favorite go to when am stuck for a meal idea, it's so versatile you can keep it simple for easy, quick weeknight family dinners or dress it up for Saturday night dinner with friends.

This toasted, Scallop Orzo Risotto can be served hot, cold or at room temperature, making it an easy hands free meal, that can be prepped ahead of time. You need dinner quick, on those

busy weeknights, you have unexpected guests coming **Pasta** to the rescue.

That's all it takes, adding seared scallops to this cold pasta recipe, to make a meal that is cause for celebration. and it can be made ahead of time in less than 30 minutes, but your family and friends will think it took hours

How to Make Scallop Orzo Risotto

Start by searing the scallops then after removing the scallops toast the orzo in the same pan the scallops were sauteed in. If it needs more oil add 1 tablespoon of oil and 1 tablespoon of butter. Stir the orzo to brown it evenly,

then add all the liquid ingredients, cover the pan and cook the orzo until bite tender, fluff with a fork and refrigerate for a few hours. Mean while make the raw(crudo) sauce dip the scallops in the sauce remove, then mix in the cold orzo pasta.

Plate by laying the scallops over the Orzo, sprinkle with lemon zest, and Italian parsley.

If you make this recipe please leave me a comment and don't forget to tag me on Instagram. Hearing for you guys is my favorite part,

Scallop Orzo Risotto



Perfectly seared scallops are served over creamy Parmesan orzo with fresh spinach for an elegant yet comforting meal that's packed with rich, buttery flavor.

- $\frac{1}{2}$ lb orzo pasta
- $\frac{1}{2}$ lb large scallops
- 8 oz chopped spinach
- 1 pint cherry tomatoes
- 1 cup parmesan cheese
- 1 cup chicken stock
- $\frac{1}{3}$ cup fresh lemon juice
- 2 tbsp lemon zest
- 1 cup reserved pasta water
- 2 tbsp each butter and olive oil
- 3 tbsp chopped garlic
- $\frac{1}{2}$ yellow onion chopped
- Salt and pepper to taste

1. Salt, pepper and pat scallops dry
2. In a large saute pan on medium heat the butter and olive oil
3. Saute the scallops until golden brown 3 minutes per side
Remove set aside
4. In the same saute pan add the garlic and onion cook until tender and just beginning to brown
5. Add the orzo and brown stirring
6. Add the chicken stock and reserved pasta water
7. Simmer covered 10 minutes
8. Cool completely
9. In a bowl mix the spinach, tomatoes Italian parsley, lemon zest, lemon juice, and parmesan cheese

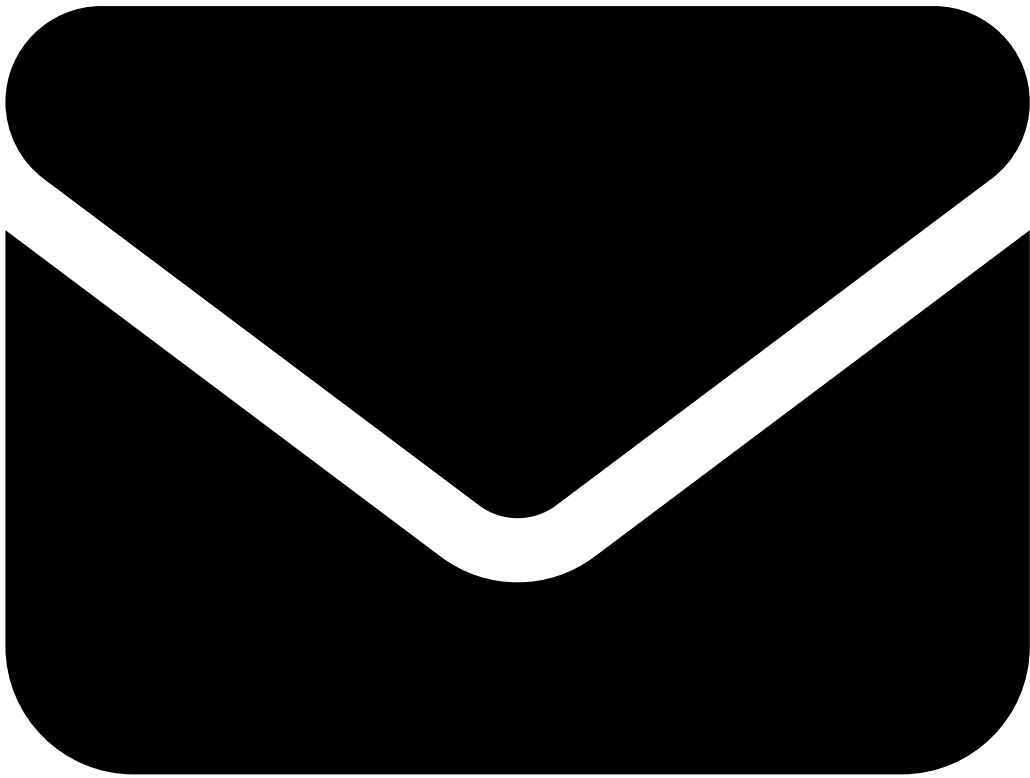
10. Toss cooled orzo with the dressing mixture
 11. Top with seared scallops
 12. Sprinkle with additional Parmesan and Italian parsley
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30 minute Red Snapper Piccata

30 Minute Red Snapper Piccata

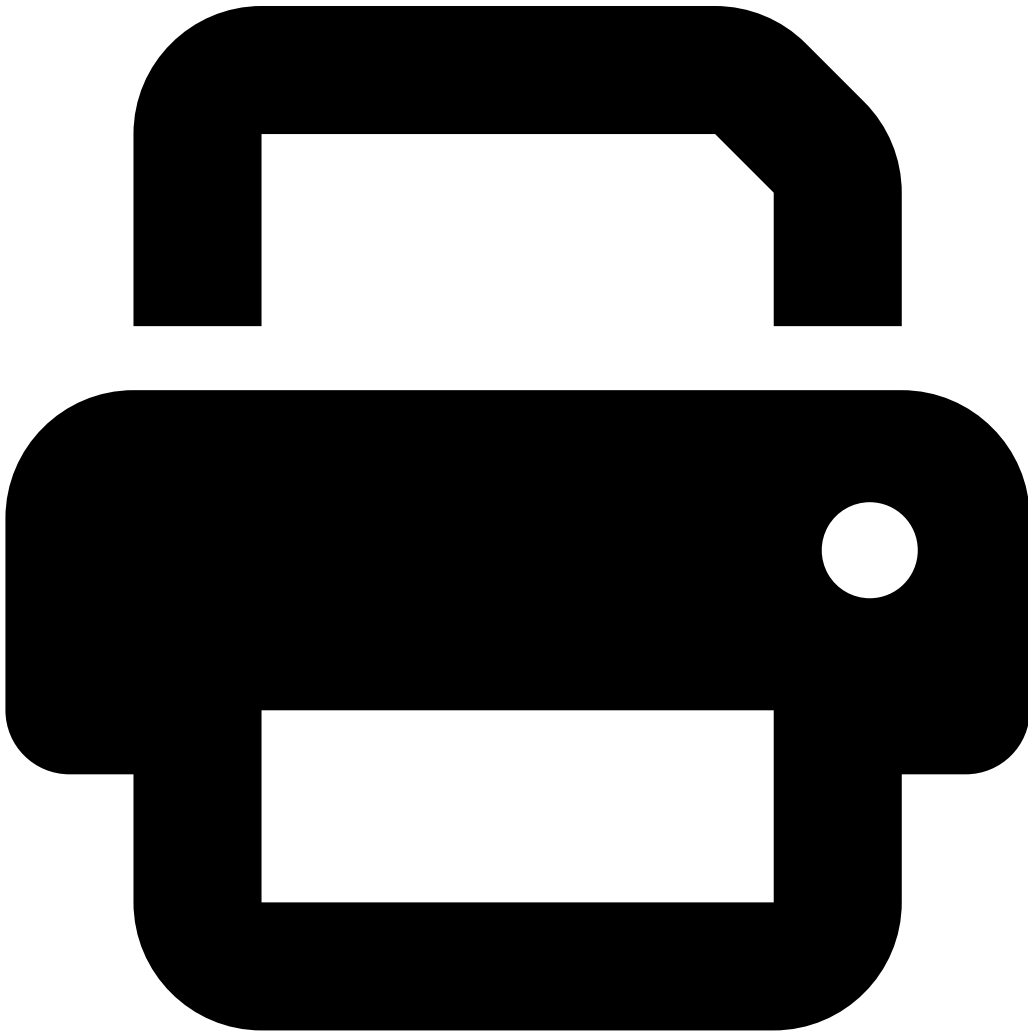
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This 30 minute Red Snapper piccata has all the flavors of a traditional piccata with a few add – ins. Traditional piccata is a sauce of lemon, parsley, butter and capers. In this recipeh

It's a restaurant quality meal, that was on special at the restaurant, whenever the fresh red snapper and garden tomatoes were available.

If you know me I can't get enough of easy meals that require simple ingredients with minimal prep and clean up, recipes like this one, it comes together in less than 30 minutes, and the best part you only need one pan.

It's the prefect balance between savory, salty and tangy, flavors that make this fish dinner prefect for weeknight family meals or Friday night dinner with friends.

Things to know about this 30 minute red snapper picatta recipe

In this recipe I used red snapper. I have made it using tilapia and I like them both. You can use any firm white fish you like. Be sure not to over cook it , fish cooks quickly over cooking dry's it out.

The fish in this recipe took three minutes on each side to cook, then I removed it from the pan while making the tomato piccata sauce. Here too you can adjust the constituency and flavor of the sauce to your liking by how long you cook it.

For a fresher, lighter sauce for warmer weather I only cook it about ten minutes retaining the fresh taste of the lemon and tomatoes.

If am going to reheat the fish for later serve a under cook it just a tat. Another thing I like to do when I make this is add one sliced lemon to the sauce for extra lemon flavor.

Please leave me a comment if you make this recipe and don't forget to tag me on Instagram, hearing your experiences with my recipes is my favorite part!!!

30 Minute Red Snapper Piccata



Flaky red snapper is simmered in a bright lemon, tomato, and caper sauce with fresh herbs for a light, elegant dinner

that's bursting with fresh Italian flavor.

- 1 lb red snapper
- $\frac{1}{2}$ lb cherry tomatoes cut in half
- 1 cup chicken stock
- 2 tbsp lemon zest
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{2}$ cup capers
- 1 cup chopped spinach
- 2 anchovies
- $\frac{1}{4}$ cup flour
- 2 tbsp each butter and olive oil
- 1 tbsp minced garlic
- $\frac{1}{2}$ cup chopped onion
- 2 tbsp each chopped Italian parsley, and basil
- Salt and pepper to taste

1. Salt, pepper and lightly coat fish with the $\frac{1}{4}$ cup flour
2. In a large saute pan bring oil and butter to medium high heat
3. Add fish cook 3 to 4 minutes per side
4. Remove fish
5. Add onions and garlic cook until tender and just beginning to brown
6. Add tomatoes cook covered 10 minutes
7. Add spinach and herbs cook 5 minutes longer
8. Return Red Snapper to pan just to heat through
9. Plate fish Pour tomato picatta sauce over fish
10. Garnish with lemon slices and Italian parsley