

Fettuccine with Shrimp, Tomatoes, and Spinach Cream Sauce

Ingredients:

Grains

- ☐ 8 ounces fettuccine pasta

Pantry

- ☐ 1 tablespoon unsalted butter
- ☐ 1 tablespoon olive oil
- ☐ salt and freshly ground black pepper, as needed
- ☐ 1/2 teaspoon red pepper flakes
- ☐ 1/2 cup dry white wine

Produce

- ☐ 4 cloves garlic, divided
- ☐ 1 shallot, thinly sliced
- ☐ 2 cups halved cherry tomatoes
- ☐ 1/4 cup chopped flat-leaf parsley
- ☐ 2 cups fresh baby spinach
- ☐ flat-leaf parsley sprigs for garnish (optional)

Protein

- ☐ 1 pound shrimp - peeled, deveined, and patted dry

Dairy

- ☐ 1 cup heavy cream