

Jerk Shrimp Pasta Alfredo

Cream Sauce

2 tbsp salted butter
½ small chopped onion
1 tsp chopped garlic
1 tbsp chopped scallion
1 tbsp flour
About 2 cups milk
½ cup heavy cream
Salt / pepper / nutmeg
1 bay leaf
½ cup freshly grated parmesan cheese

Heat butter in a heavy skillet.

- Add onion, garlic and scallion and sauté for 2 minutes.
- Add flour and cook for 1 minute.
- Add about half the milk and heavy cream and bring to a boil. If the sauce is too thick, add more milk.
- Add salt / pepper & nutmeg and bay leaf.
- Add Parmesan cheese.
- Bring to a boil and simmer for about 20 minutes.
- Strain and keep warm.

To finish:

12 large shrimps (16/20 size) – peeled and de-veined
2 tbsp olive oil
½ small onion – chopped
1 tbsp garlic – chopped
1 tbsp scallion
1 tsp jerk seasoning
½ cup white wine
1 cup chopped spinach (fresh or frozen)
Salt / pepper to taste
1tbsp chopped fresh basil

About 2 cups dry penne pasta – boiled in saltwater

- Heat olive oil and sauté shrimps together with onion, garlic, scallion and jerk seasoning – for about 2 minutes.
- Remove shrimps and keep warm.
- Add white wine to the pan and reduce by half.
- Add the cream sauce and bring to a boil.
- Add spinach.
- Adjust seasoning with salt and pepper.
- Simmer for 5 minutes.



- Add the shrimps to the sauce and simmer for 1 more minute.
- Add the boiled pasta and chopped basil and serve immediately.

