

# Angel Hair Pasta with Shrimp and Zucchini in a Lemony Cream Sauce

Inspired by *Simply Recipes*, 5/2012



- 3/4 cup heavy whipping cream
- 1/4 cup fish stock, or clam juice or chicken stock
- 2 small garlic cloves, sliced, then minced
- 3 tablespoons lemon juice, 4 T. if using Meyer lemons
- 2 small zucchini, cut in tiny thin dice
- Zest of two lemons, divided use
- 3/4 pound angel hair pasta (also called capellini)
- Salt and black pepper to taste
- 1 1/2 pounds large shrimp, peeled and deveined
- 1/2 cup Italian parsley (loosely packed), chopped, some reserved for garnish
- 1/4 cup chopped chives (loosely packed), minced and threads both, some reserved for garnish
- 1 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 2/3 cup Parmigiano-Reggiano cheese, grated (save a little for garnish)

## Fish

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 5

*The shrimp I used were really large - 2-inch size would probably be best. If you use very large shrimp as I did, you can chop some of them into pieces, slice some of them in half lengthwise and leave one shrimp whole to place on the top of each serving.*

1. Bring a large pot of salted water to a boil.
2. In a large pot heat the cream, fish stock, minced garlic, zucchini, half the lemon zest and lemon juice to a low simmer. Simmer gently for 5 minutes or until zucchini is just barely tender. Do not boil or you will boil away the cream.
3. Add the angel hair pasta to the boiling water. It will usually cook in 4-5 minutes - do not over cook!
4. Add the shrimp, thyme and oregano to the simmering lemon cream sauce. Stir well and add a pinch of salt and black pepper. The shrimp should cook in about the same time as the angel hair pasta. Stir and toss the shrimp to make sure they're cooked through.
5. When the pasta is done, drain (do not rinse) and add to the shrimp cream sauce. Stir it well. Add the herbs, the remaining lemon zest, most of the Parmigiano cheese, the chives and parsley and let them cook for about 1 minute. If the mixture is dry, pour in a drizzle of additional cream so it's creamy but not soupy. Taste for seasonings - may need more pepper and a dash or two of salt. Spoon mixture into individual pasta bowls and top with the remaining Parmigiano, parsley and chives. Serve IMMEDIATELY!

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Per Serving (excluding unknown items): 593 Calories; 20g Fat (31.2% calories from fat); 43g Protein; 58g Carbohydrate; 3g Dietary Fiber; 265mg Cholesterol; 436mg Sodium. Exchanges: 3 1/2 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.