



## Fettuccine Alfredo with



# Salmon, Shrimp and Spinach

This recipe has so many variables to it. You can choose to omit or add components, and it will still turn out fine. There's a lot here, and I'm putting this together from scribbled notes. Hopefully I've covered it all. Review time comes when I make this recipe again. The next time, I will try it out with chunked browned chicken breast!

### **salmon, about one half of a large fillet:**

- In an iron frying pan with a little olive oil and a pad of butter, cook the salmon skin down until about 1/2 of the thickness of the salmon is whitish. Then flip and cook the other side. When the salmon is cooked through, remove from the pan and set aside. (be careful not to overcook!)
- When cool, peel the skin off (it should come off easily, and using your hand or a fork, shred the salmon into chunks.

### **1/2 lb. medium raw unseasoned shrimp, completely peeled:**

- In the same pan you cooked the salmon in, toss in the shrimp. Brown lightly on one side, flip, and brown lightly on the other side. When done, remove and set aside. (be careful not to overcook!)

### **1 lb. fettuccine**

Get your pasta pot, and start heating the water to a boil. Somewhere in here, you will cook your pasta, and hopefully have it done and drained when everything else is, or close to it!

### **Alfredo sauce ingredients:**

- 6 tblsp butter
- 1 tblsp olive oil
- 5 cloves minced garlic
- 4 tsp basil pesto
- 2 medium shallots, diced
- 1/4 tsp black pepper
- 1 pint heavy cream

2 cups shredded cheese (I used parmesan, will use asiago next time - see notes)

bunch of baby spinach leaves, roughly chopped  
sun-dried tomatoes

- Take a pad of butter and 1 tblsp of olive oil and heat in a sauce pan.
- Add the minced garlic and basil pesto, and saute for about 2 minutes.
- Add the diced shallots and saute until slightly browned and a bit translucent.
- Add the 6 tblsp of butter and 1/4 tsp black pepper, and heat gently until the butter is melted.
- Add 1 pint of heavy cream, and bring to a slight simmer for about 2 minutes.
- Add the 2 cups of shredded cheese and stir lightly until the cheese has melted. \*Note: I used shredded parmesan, and the cheese kept clumping slightly. I will try asiago next time to see if I can get a creamier sauce.
- When the cheese has fully melted, add the spinach, and stir. Add enough, until you get the mix you want.
- Add some sun-dried tomatoes, as much or as little as you want.

\*Note: if your sauce is too thick, you can thin it out with some of the pasta water, some half and half, or some milk. If your sauce is too thin, you can thicken it up with a little more cheese, or some corn starch. Don't just dump the corn starch in - mix a bit with some cold water, and add a little at a time, while stirring.

### **Toppings:**

grated cheese (prefer Parmigiano Reggiano)  
fresh basil leaf pieces

### **Putting your plate together:**

- Put some fettuccine in your pasta bowl. Either add Alfredo sauce next, and then top with salmon and shrimp, or add salmon and shrimp, and then top with Alfredo sauce.
- Sprinkle some grated cheese and fresh basil pieces over the top.

You can finally eat! Dont forget to serve some great bread and a salad along with it.