

Aglie e Olio Pasta with Kale and Shrimp

Tonight we'll incorporate dark leafy greens into a bowl of aglio e olio pasta. (That's pronounced "ah-lyo ay oh-lee-oh. The "g" is silent.) The Aglio e Olio Sauce is tweaked with a little infusion of truffle oil. Browned mushrooms, smoky tempeh and freshly cooked shrimp add umami to this flavor festival worthy of any upscale bistro.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize all ingredients before you begin cooking. An organized cook is a happy cook. Prep 5 cloves of chopped garlic tonight: 1 clove with the Sautéed Kale and 4 cloves in the Aglio e Olio Sauce. You'll need both small and large sauté pans.

Salad and Dressing

Fixings for individual green salads

Honey Mustard Dressing:

2 T. olive oil
2 T. rice wine vinegar
2 tsp. prepared mustard
1 tsp. honey
2 T. low-sodium vegetable broth

Shrimp

1 tsp. olive oil
10 large, frozen raw shrimp (thawed)

1/4 C. low-sodium vegetable broth
1 tsp. low-sodium soy sauce
1/2 tsp. Asian Garlic Pepper Sauce

Pasta, Mushrooms and Sautéed Kale

Pasta:

1-1/2 C. whole wheat dry penne pasta

Mushrooms:

1 tsp. olive oil
1-1/2 C. Crimini mushrooms (sliced)

Kale:

1 tsp. olive oil
2 tsp. white truffle oil
3/4 C. low-sodium vegetable broth
1 tsp. low-sodium soy sauce or tamari
2 T. balsamic vinegar
1 clove garlic (smashed and chopped)
1/2 C. yellow onion (chopped)

1 bunch kale (stems discarded, leaves chopped)

Aglie e Olio Sauce

2 T. good olive oil
2 tsp. white truffle oil
4 cloves garlic (smashed and chopped)
4 green onions (chopped)
1/3 C. low-sodium veggie broth
1/3 C. starchy pasta cooking water

Optional: pinch of red pepper flakes

Garnish

4 T. shredded Parmesan cheese

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Put the pasta water on to boil and then brown the tempeh strips 5 minutes per side in a 400° oven. Chop tempeh when cooled. Make the green salads and dressing now. You'll want to have salads ready so you can sit down to dine as soon as you finish assembling the pasta.

Salads and Dressing

Make two small green salads on individual plates.

Combine all dressing ingredients in a small jar with a tight-fitting lid. Shake well.

Shrimp

Heat oil over medium-high heat in a small sauté pan and place thawed shrimp in hot oil. The shrimp will turn pink as they cook. It will take about 2 minutes per side. Add mixture of vegetable broth, soy sauce and pepper sauce. Toss until liquid cooks away. Remove shrimp from pan.

Pasta:

Pasta, Mushrooms and Sautéed Kale

Drop dry pasta into boiling water and cook until tender. (About 8 minutes).

Reserve 1/3 C. of the pasta water when it finishes cooking, then drain and rinse pasta.

Mushrooms:

Brown mushrooms in oil in a small sauté pan. Remove from pan and set aside on a plate.

Sautéed Kale:

Using the same pan used for mushrooms, measure olive oil, truffle oil, vegetable broth, soy sauce, vinegar, garlic and onion into pan. Bring to a hard boil and add chopped greens and chopped tempeh. Reduce heat to medium and simmer 4-minutes or until most of the liquid disappears.

Aglie e Olio Sauce

1. Using the same pan used to cook the shrimp, heat olive oil and truffle oil until it begins to shimmer. Add the chopped garlic and chopped green onions to oil and sauté until fragrant.
2. Add broth and reserved pasta water and bring to a boil. Stir in optional pepper flakes. Remove from heat.

Final Assembly and Plate

Return mushrooms to pan with kale and add cooked pasta. Pour aglio e olio sauce over all ingredients and toss well over medium-high heat for about 1 minute. Divide between two pasta serving bowls. Sprinkle with Parmesan. Arrange cooked shrimp over the pasta and serve.

Serve salads on the side.

What I've Learned from this Recipe

Whenever possible I try to minimize pots and pans as I cook. As elements of a recipe are often separately cooked to preserve individual flavors, the pans can often be shared.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com