

to healthier, happier you

Get ready to a quick and delicious  
**meal with my 15 min Creamy Paprika Shrimp**

this dish will be your new food crush! Trust me, it's a game-changer! And who said pasta can't be part of a healthy lifestyle? It's all about BALANCE!

Let's dive into the simple steps:

**INGREDIENTS for 1 portion:**

100g of cooked pasta of your choice  
187g of peeled and deveined raw shrimp  
1/2 onion  
1/4 of red bell pepper  
4 garlic cloves: 2 chopped + 2 smashed  
1 tsp of olive oil  
1 tsp of paprika  
salt and black pepper to taste  
chilli pepper (optional)  
1/4 cup of vegetable / chicken broth  
2 tbsp of tomato sauce  
parsley to garnish

**INSTRUCTIONS:**

Start by finely chopping the onion, garlic cloves, bell pepper. Set aside. Then heat the olive oil in a large skillet over medium-high heat. Add the smashed garlic, chili pepper and sauté for 1 minute until fragrant. Add the shrimp to the skillet and cook for 2-3 minutes per side or until they turn pink and are cooked through. Remove the shrimp from the skillet and set aside.

Reduce the heat to medium heat, add the onion, chopped garlic, red bell pepper, paprika, salt and bell pepper. Sauté until they become translucent and tender, about 3-4 minutes.

Pour in the vegetable or chicken broth and tomato sauce. Stir well and let it simmer for 2-3 minutes to allow the flavors to meld and the sauce to reduce slightly.

In the meantime, fill a pot with water and bring it to a boil over high heat. Add a generous pinch of salt and your chosen pasta. Stir occasionally to prevent sticking. Cook the pasta for 8-12 minutes, or according to the package instructions, until it's al dente. Return the cooked shrimp to the skillet and add the cooked pasta to the skillet and toss everything together. Remove from heat and garnish with parsley and ENJOY!

**arise**

BY NICOLINA