



CHRISTOPHER CREEK
Spice Company

Triple Play Pasta

Makes 4 Servings

Fowl Rub
Pork Rub
Fish Rub
1 pound shelled and deveined Shrimp
1 pound cooked Whole Wheat Penne Pasta
1 – 2 pounds Asparagus
1 jar Alfredo Sauce*
Olive Oil



In a medium sauce pan add the jar of alfredo sauce and 1 teaspoon Fowl Rub.
Bring to a boil, reduce heat and gently reduce until thicker...about 30 minutes; stirring often.

*Cook's tip: After pouring sauce into pan, add about ¼ cup water or milk to empty jar.
Return the cap, shake vigorously and empty into sauce pan.

Prepare shrimp and lightly coat with olive oil and season with Pork Rub.

Trim the asparagus and lightly coat with olive oil and season with Fish Rub.

Cook pasta according to package directions.

In a sauté pan cook the shrimp (about 1-2 minutes per side) over medium-high heat.
Remove from pan and tent with aluminum foil to keep warm.

In the same pan, cook the asparagus over medium-high heat until done, about
3 - 5 minutes for al dente.

In a large bowl toss the alfredo sauce with the drained pasta.

Pile up the pasta on a plate, lay out the asparagus and top with shrimp.

Enjoy the Triple Play Pasta!

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