

Surf & Turf Penne with Creamy Tomato Sauce - A Luxurious Weeknight Pasta

Surf & Turf Penne: A Rich, Creamy Pasta That Hits Every Note



TIME
30 min

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ChefManiac

INGREDIENTS

- 8 oz penne pasta
- 1/2 cup grilled chicken strips
- 1/2 cup cooked shrimp
- 1 cup tomato sauce
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1/4 cup grated parmesan cheese
- 1 tsp Italian seasoning

DIRECTIONS

- 1. Cook : Pasta:** Boil penne in salted water until al dente. Drain and set aside.
- 2. SautØ Aromatics:** In a skillet, heat olive oil over medium heat. Add minced garlic and cook for 1 minute until fragrant.
- 3. Add : Protein:** Stir in grilled chicken and shrimp, cooking for another 2-3 minutes until heated through.
- 4. Simmer : Sauce:** Pour in tomato sauce and Italian seasoning. Stir and let simmer for 5 minutes to let the flavors meld.
- 5. Combine:** Add the cooked pasta to the skillet. Toss everything together and stir in grated parmesan until creamy and well coated.
- 6. Serve:** Plate warm and garnish with extra parmesan or fresh basil, if desired.

SWAPS & NOTES

& Swaps Protein Options: Swap shrimp for scallops or use rotisserie chicken for convenience.

Sauce Swap: A vodka sauce or creamy marinara adds a decadent touch.

Make it Spicy: Add crushed red pepper flakes for a kick of heat.

Step-by-Step Instructions Cook Pasta: Boil penne in salted water until al dente.

TIPS FOR SUCCESS

Don't Overcook the Shrimp: If starting with raw shrimp, sautØ them just until pink and remove before continuing the sauce.

Save Pasta Water: A splash of reserved pasta water can help loosen and enrich the sauce if needed.

Serve Immediately: The creamy sauce is best served fresh while still hot and glossy.

