

# Chicken and Shrimp Fra Diavolo Pasta

Servings: 2

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Total Time: 30 minutes

## Ingredients

1 (14.5 ounces) can diced, fire-roasted tomatoes

1 tablespoon olive oil

8 ounces boneless, skinless chicken breast, cut into bite-sized pieces

8 ounces raw shrimp, deveined, shells and tails removed

1/2 teaspoon dried oregano

1/4 teaspoon crushed red pepper flakes

Kosher salt & freshly ground black pepper, to taste

3 garlic cloves, chopped

1/2 cup white wine

1 lemon, zest and juice

6 ounces linguine pasta

1/2 cup basil leaves, cut into strips (*chiffonade*)

1/2 cup parsley leaves, chopped

Parmesan cheese, grated, to serve (optional)

## Directions

Blend the undrained can of fire-roasted tomatoes until they reach your desired consistency. We like them almost smooth, with only a couple of little chunks of tomato remaining.

Add the olive oil to a large non-stick saute pan and bring to medium heat. In a medium bowl, season the chopped chicken breast and shrimp with oregano, red pepper flakes, salt, and pepper.

Add the chicken to the pan, hold back the shrimp for now, and cook for 5 minutes, stirring every so often. Add the garlic to the pan and cook for 1 minute more, then add the lemon juice, zest, and white wine. Cook for 3 more minutes, or until the liquid reduces by half.

Bring a large pot of water to boil. Once boiling, add a small handful of Kosher salt and add the pasta. Cook the pasta for 2 minutes less than the package directions indicate.

Meanwhile, add the blended tomatoes to the pan with the chicken, and stir to combine. Put a lid on the pan, keeping it slightly ajar because we want the sauce to reduce, and cook for 5 minutes. Add the shrimp, replace the lid, and cook for 5 more minutes, stirring every so often.

Drain the pasta and add it to the pan with the sauce. Add the herbs, stir to combine, and turn off the heat. Combine the pasta and

## Directions, cont.

sauce until the sauce has thickened slightly and the pasta is completely coated.

## Cooking Notes

*Serve topped with some Parmesan cheese and more herbs, if desired. I know, I know, it's a bit sacrilegious to serve a seafood pasta dish with cheese, but I think it's necessary here. If you disagree, by all means, leave it out. We also like to eat this with a large salad, or with garlic bread, if we're feeling extra carby.*

*You'll notice that there aren't any vegetables in this dish besides the tomatoes. If you don't feel like having a large salad on the side, but you still want some vegetables, add in a couple of large handfuls of baby spinach, or another leafy green, to the sauce and stir until it's just wilted. Some sauteed zucchini, yellow summer squash, or broccoli would also be a good addition here. Really, any of your favorite vegetables would be delicious covered in this sauce, and tossed with the pasta. Feel free to experiment!*

*This dish was inspired by Geoffrey Zakarian's version on The Kitchen tv show. If you wanted to change it up, cook the sauce as directed, but leave out the pasta. Instead serve with garlic bread to mop up all the sauce, chicken, and shrimp. A large salad on the side would make a nice round meal for this version. Either way, you're in for a treat.*