

Shrimp and Gnocchi with Garlic Parmesan Cream Sauce

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Ingredients

- 1 (16-ounce) package gnocchi
- 2 tablespoons unsalted butter
- 1 pound medium shrimp, peeled and deveined
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves

Garlic Parmesan Cream Sauce

- 1/4 cup unsalted butter
- 4 cloves garlic, minced
- 2 tablespoons all-purpose flour
- 1 cup chicken broth, or more, as needed
- 1 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1/2 cup half and half*
- 1/2 cup freshly grated Parmesan
- Kosher salt and freshly ground black pepper, to taste

Process

In a large pot of boiling salted water, cook gnocchi according to package instructions; drain well.

Melt butter in a large skillet over medium-high heat. Add shrimp, salt and pepper, to taste. Cook, stirring occasionally, until pink, about 2-3 minutes; set aside.

To make the garlic parmesan cream sauce, melt butter in the skillet skillet over medium heat. Add garlic, and cook, stirring frequently, until fragrant, about 1-2 minutes. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in chicken broth, thyme and basil. Cook, whisking constantly, until incorporated, about 1-2 minutes. Stir in half and half and Parmesan until slightly thickened, about 1-2 minutes. If the mixture is too thick, add more half and half as needed; season with salt and pepper, to taste.

Stir in shrimp and gnocchi, and gently toss to combine. Serve immediately, garnished with parsley, if desired.

NOTES:

Half and half is equal parts of whole milk and cream. For 1 cup half and half, you can substitute 3/4 cup whole milk + 1/4 cup heavy cream or 2/3 cup skim or low-fat milk + 1/3 cup heavy cream.

Nutrition

Servings: 4

Calories: 554cal

Fat: 25g

Carbs: 50g

Protein: 33g