



Seafood Pasta with Gunther

Yield: 6 to 8 dinner portions

*Note - All ingredients can be bought pre-cooked to save time or can be prepped out a day in advance, which makes assembling quick and easy. This will reduce cooking and clean up time and allow you to spend more time with family and friends. The seafood and meat are just suggestions; you can add or take out whatever you desire.



Ingredients:

- 12 ounces - Scallops
- 1 pound - Shrimp - (I prefer 21-25 count), peeled and deveined
- 7 ounces - Sausage links - (spicy or mild)
- 2 each - Chicken Breast, boneless/skinless - (approximately 7-8 ounces)
- To Taste - Parmesan cheese - fresh grated
- To Taste - Parsley - fine chopped
- To Taste - Fresh ground black pepper
- To Taste - Salt - kosher
- 1 pint - Heavy Cream
- 1 jar - Gunther

Method:

1. Penne Pasta - cook to
2. Scallops - remove side muscle and season with kosher salt and pepper, saute over high heat almost all the way through, remove from heat and cool. Cut into bite size pieces and store in refrigerator. Can be made a day in advance.
3. Shrimp - Peel and devein, season with kosher salt and pepper, saute over high heat until cooked almost all the way through, remove from heat and cool. Cut into bite size pieces and store in refrigerator. Can be made a day in advance.
4. Sausage links - (spicy or mild) Cook through, cool and cut length wise and then cut into half moons. Store in refrigerator. Can be made a day in advance.
5. Chicken Breast, boneless/skinless - (approximately 7-8 ounces) Trim off any excess fat, season with kosher salt and pepper and grill or saute until cooked through. Chill, cut into strips and store in refrigerator. Can be made a day in advance.
6. Once all ingredients are prepped and ready, assembling is quite easy:
 - In a large stock pot, add heavy cream and Gunther

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