

Shrimp Fra Diavolo

The original recipe is from Everyday Italian.

Ingredients:

- 1 lb. fresh shrimp
- 1 tsp. salt
- 1 tsp. dried crushed red pepper flakes
- 3 Tbsp. olive oil
- 1 medium onion (2 cups finely chopped)
- 14 1/2 oz. can diced tomatoes
- 1 cup dry white wine
- 3 cloves of garlic
- 1/4 tsp. dried oregano
- 3 Tbsp. chopped flat leaf parsley (divided)
- 3 Tbsp. chopped fresh basil (divided)



Equipment

- Large heavy skillet
- Slotted spoon

Shrimp Fra Diavolo:

☑	Directions	Time (min)
	Peel and devein 1 lb. shrimp	10
	Peel and finely chop 2 cups onion	3
	Peel and finely mince 3 cloves garlic	3
	Rinse and dry the parsley and basil	2
	Chop 3 Tbsp. parsley	2
	Chop 3 Tbsp. basil	2
	In a medium bowl, toss the shrimp with 1 tsp. salt and 1 tsp. red pepper flakes	2
	In a large, heavy skillet, heat oil over medium-high flame. Add shrimp and cook through.	2
	Using a slotted spoon, transfer shrimp to a large plate and set aside	2
	In the same skillet, sauté 2 cups onion until translucent	5
	Add 14 1/2 oz. diced tomatoes with juices, 1 cup white wine, 3 cloves minced garlic, and 1/4 tsp. dried oregano	2
	Simmer until the sauce thickens	10
	Return shrimp and any of their juices to the skillet. Toss to coat.	1
	Remove from heat and stir in 2 Tbsp. parsley and 2 Tbsp. basil	2
	Transfer to a bowl or platter. Garnish with remaining parsley and basil.	2
	Total	45 min.