



# Garlic Shrimp Spaghetti with Broccoli Rabe

**PAPER & FOOD SERVICE, INC.**

<b>Ingredients</b>	<b>Yield: 1 Serving</b>
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- 3 ea. Garlic, cloves, sliced very thin
- 4 oz. broccoli rabe, washed, drained, roughly chopped
- 12 ea. Shrimp, 31/40, peeled, deveined, tail-off
- 4 oz. Spaghetti
- 2 oz. Olive oil
- As needed: Parmesan cheese, grated
- t.t. Salt
- 1/2 tsp. Sugar, granulated

**Preparation Instructions:**

1. In a pot of boiling water add 1/2 tsp. of sugar. Then add the broccoli rabe and cook for approximately 4 minutes. Remove with slotted spoon to a bowl. Reserve.
2. In another pot of salted boiling water add pasta and cook to al dente.
3. In a large saute pan over medium heat add olive oil and garlic. Cook until garlic begins to slightly brown. Then add the shrimp and continue cooking until the shrimp are no longer opaque. Add the drained broccoli rabe spaghetti to the saute pan and toss with the oil and shrimp.
4. Remove the pasta with tongs and add to the saute pan; add 1/2 cup of cooking liquid and continue cooking mixing the ingredients well. Ladle into serving bowl and garnish with Parmesan cheese

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Garlic, clove	Markon	097210	3 ea.	\$0.06
Broccoli rabe	Fresh	097060	4 oz.	\$0.80
Shrimp, 31/40, P/D, T/O	Hidden Bay	136760	12 ea.	\$1.25
Spaghetti	Villa Frizzoni	330710	4 oz.	\$0.25
Olive Oil	Trifoglio	370861	2 oz.	\$0.28
Parmesan cheese, grated	Grande	011115	As needed	\$0.30
Salt	Katy's Kitchen	340620	t.t.	\$0.02
Sugar, granulated	Domino	380424	1/2 tsp.	\$0.03

<b>Recipe Cost</b>	<b>\$2.99</b>
<b>Portion Cost</b>	<b>\$2.99</b>

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
<b>\$10.95</b>	<b>\$2.99</b>	<b>\$7.96</b>	<b>27.31%</b>

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
<b>\$11.95</b>	<b>\$2.99</b>	<b>\$8.96</b>	<b>25.02%</b>

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
<b>\$12.95</b>	<b>\$2.99</b>	<b>\$9.96</b>	<b>23.09%</b>