

Ingrediënten en Recept



Honade Chapman

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Creamed Spinach Tortellini

Ingredients: ♦ -1 pound of stuffed tortellini, cooked & drained (use your fave) ♦ -3 tablespoons of butter ♦ -2 tablespoons of flour ♦ -1 1/2 cups of half & half ♦ -1/2 teaspoon of salt ♦ -1/2 teaspoon of roasted garlic powder ♦ -1/2 teaspoon of fresh ground black pepper ♦ -1/4 teaspoon of nutmeg ♦ -1 cup of parmesan cheese ♦ -4 ounces of room temperature cream cheese ♦ -1/2 cup of smoked gouda cheese ♦ -16 ounces of frozen spinach, thawed and drained ♦ -a pinch of red pepper flakes

1. In a saucepan, over medium heat, melt the butter. When the butter is melted, whisk in the flour and cook for about 90 seconds until the flour taste has cooked out.

♦2. Then, add in the half and half and stir well to combine. It's a good idea to make sure the heat is on high at this point and as soon as it starts to thicken, lower the heat back to medium.

♦3. Add in all of the other ingredients except the tortellini and stir occasionally to combine well and to prevent from sticking.

♦4. Once the sauce is thick, toss in the pasta and serve.

Ingredients for shrimp :

-1 pound jumbo shrimp, cleaned
-1 tablespoon of Old Bay Seasoning
-1/2 teaspoon of salt
-1 1/2 tablespoons of olive oil

1. Toss the shrimp together with the olive oil, salt, and Old Bay.

2. Get a skillet hot and then sauté the shrimp on both sides until they're cooked through. Serve immediately.



Bron



Good Ole Soul Food Recipes

<https://www.facebook.com/groups/goodolesoulfood/posts/635230885365870>

Info Martine Lycke

24/08/2023

2 el boter + 3 el bloem + melk + Parmezaan + Emmental

-> Bechamel maken

Pakje spinazie (zelfgemaakte uit vriezer, 1/3 zak 450 g)

Erin mixen

Ook nog kruiden met look, chili

Tortellini garen

Scampi ontdooien, droogdeppen, kruiden met garnaal kruiden van Verstegen

Bakken in olijfolie en boter

Dresseren: Tortellini – Saus - Scampi

Snel klaar en lekker

Fotos

