



Baked Red Pepper Seafood Alfredo

Recipe Source:

Chef Daniell Wahlgren
Center of the Plate Specialist
Sysco Baraboo

QTY	UNIT	Description	SUPC
4	Each	16/20 Shrimp	1970947
2	Each	10/20 Scallop	7056724
6	oz.	Imitation Crab	3451101
2	C	Alfredo sauce	8851735
6	Oz.	Roasted red pepper	8911638
4	Oz.	Grated parmesan	2389278
2	Oz.	Panko bread crumbs	5495460
8	Oz.	Cooked cavatappi pasta	6040885

Preparation:

1. Cut shrimp like you would for butterflying them but go all the way through so the shrimp is cut in half. Dice the scallops so they are close to the same size as the shrimp
2. Sauté shrimp, scallops, & roasted pepper until shrimp are pink.
3. Add crab, pasta, & Alfredo sauce.
4. Divide into 4 small oven safe rarebits, top with parmesan cheese & bread crumbs.
5. Bake at 400° F until the internal temperature is 145°F, about 10 minutes