



## Tarragon Seafood Pasta with Broccoli

### **Ingredients**

1 lb pasta, such as penne or bow ties  
1/2 lb cooked fish  
1/2 lb cooked Maine shrimp  
1 lb broccoli crowns, chopped  
1/2 onion, diced  
1-2 cloves garlic, diced  
2 TB olive oil  
2 tsp tarragon  
1/2 tsp red pepper flakes, or to taste  
Salt and pepper to taste  
1/2 cup fresh-grated Parmesan  
Juice of 1 lemon

### **Directions**

Cook pasta according to package directions in a large pot of water. Add broccoli to noodles for the last three minutes of pasta cooking time. Drain noodles and pasta into a colander when done.

While pasta and broccoli are cooking, sauté onion and garlic in olive oil over medium heat. Season with tarragon, red pepper flakes, and salt and pepper. Add fish and shrimp and warm through. Toss seafood mixture with noodles and sprinkle with Parmesan and lemon juice.