

# Shrimp Polenta

YIELD: 4 servings

## **POLENTA:**

*4 cups water*

*1 teaspoon sea salt*

*2 bay leaves*

*1 cup cornmeal*

*1 tablespoon unsalted butter*

## **SAUCE:**

*2 tablespoons olive oil*

*1 pound jumbo shrimp, peeled and deveined*

*1 24oz jar **Costantino's Kitchen Puttanesca Pasta Sauce***

*¼ cup fresh parsley, chopped*

**MAKE POLENTA:** Bring water, salt and bay leaves to a boil. Slowly pour in cornmeal in a thin stream, whisking constantly. Once the cornmeal is incorporated, reduce heat to low and switch to a wooden spoon. Stir constantly for 20-25 minutes. Mix in the butter at the end and remove bay leaves.

**MAKE SAUCE:** Place a large skillet on high heat, and add the olive oil. When the oil is very hot, add the shrimp and sauté on high heat for 2 minutes, or until the shrimp are about halfway cooked. Turn over and add the sauce. Cook for another five minutes, or until the shrimp are cooked and the sauce is hot. Turn off the heat and stir in the parsley. Spoon polenta into each of four bowls and top with shrimp and sauce. Serve immediately.

**GLUTEN  
FREE**