Plate Dream

Creamy Shrimp and Spinach Tortellini

Silky shrimp, fresh spinach, and cheese tortellini in a luscious cream sauce—ready in under 40 minutes.

15 min	20 min	35 min	4	Easy	Italian
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 3 cups baby spinach leaves
- [ ] 12 oz cheese tortellini (fresh or frozen)
- [ ] 1 cup heavy cream
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1 tsp lemon zest
- [ ] Salt and freshly cracked black pepper to taste

Optional Garnish

- [ ] Fresh parsley, chopped
- [ ] Extra grated Parmesan

Instructions

1. Bring a large pot of salted water to a boil; cook tortellini according to package directions until al dente, then drain, reserving 1 cup of cooking water.
2. In a wide skillet, heat olive oil over medium heat. Add garlic and sauté until fragrant, about 30 seconds.
3. Add shrimp to the skillet, season with salt and pepper, and cook until pink and just opaque, about 2-3 minutes per side. Remove shrimp and set aside.
4. Return the skillet to the heat; pour in the heavy cream, stirring gently. Let it simmer for 2 minutes, then stir in Parmesan, lemon zest, and a splash of the reserved pasta water until the sauce thickens slightly.
5. Add the cooked tortellini, spinach, and shrimp back into the sauce. Toss everything together until the spinach wilts and the pasta is fully coated. Adjust seasoning with more salt, pepper, or a drizzle of olive oil if needed.
6. Serve immediately, garnished with fresh parsley and an extra sprinkle of Parmesan. Enjoy the comforting warmth.

Nutrition per serving

420 kcal	28 g	35 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce becomes too thick, thin it with a little more reserved pasta water.
- For extra brightness, finish with a squeeze of fresh lemon juice just before serving.
- Feel free to add a handful of toasted pine nuts for a subtle crunch.