

Plate Dream

Creamy Tuscan Shrimp Linguine

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

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 12 oz linguine
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1/3 cup sun-dried tomatoes, chopped
- [ ] 2 cups fresh spinach
- [ ] 1/2 cup heavy cream
- [ ] 1/4 cup grated Parmesan cheese
- [ ] Juice of 1 lemon
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil; cook linguine until al dente, then reserve 1 cup of pasta water and drain.
2. While the pasta cooks, heat olive oil in a wide skillet over medium-high heat. Add shrimp, season with salt and pepper, and sear 1–2 minutes per side until pink. Remove shrimp and set aside.
3. In the same skillet, lower the heat to medium, add garlic and sun-dried tomatoes; sauté for about 30 seconds until fragrant.
4. Stir in the heavy cream, lemon juice, and a splash of reserved pasta water; let it gently simmer for 2–3 minutes, stirring often.
5. Add spinach and let it wilt, then return the shrimp to the pan. Toss in the cooked linguine, sprinkle Parmesan, and coat everything in the silky sauce. Adjust thickness with more pasta water if needed.
6. Season with additional salt, pepper, and a drizzle of olive oil if desired. Serve immediately, perhaps alongside a fresh salad like pesto pasta.

Nutrition per serving

460 kcal	28 g	55 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce feels too thick, thin it with a bit more pasta water or extra lemon juice.
- For a kick, add a pinch of red pepper flakes when sautéing the garlic.
- Serve with a slice of crusty bread to mop up any lingering sauce.