

Plate Dream

Spicy Garlic Shrimp Pasta

Spicy garlic shrimp pasta gives you succulent shrimp, bright garlic, and a warming kick, all in one simple skillet.

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb shrimp, peeled and deveined
- [ ] 12 oz whole-wheat spaghetti
- [ ] 4 cloves garlic, thinly sliced
- [ ] 1 tsp red pepper flakes
- [ ] 2 tbsp olive oil
- [ ] Juice of 1 lemon
- [ ] 2 tbsp fresh parsley, chopped
- [ ] Salt and black pepper to taste

Optional Garnish

- [ ] Grated parmesan cheese
- [ ] Crushed toasted pine nuts

Instructions

1. Bring a large pot of salted water to a boil; cook the pasta until just shy of al dente, then reserve 1 cup of the cooking water.
2. While the pasta cooks, heat olive oil in a large skillet over medium-high heat. Add the sliced garlic and red pepper flakes, stirring for about 30 seconds until fragrant.
3. Add the shrimp in a single layer, seasoning with salt and pepper. Cook for 2-3 minutes per side, just until they turn pink and opaque.
4. Toss the drained pasta into the skillet, pour in a splash of the reserved pasta water, and stir to coat everything in the garlicky, spicy oil.
5. Finishing touch: stir in the lemon juice, more pasta water if needed, and sprinkle the fresh parsley. Adjust seasoning as desired.
6. Serve immediately, offering grated parmesan or toasted pine nuts on the side if you like extra richness.

Nutrition per serving

420 kcal	28 g	48 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a milder heat, reduce the red pepper flakes or omit them entirely.
- A splash of white wine can be added after the garlic for extra depth, just let it evaporate before adding shrimp.
- For a richer sauce, drizzle a little butter at the end; it adds a velvety finish.