

Plate Dream

Tuscan Shrimp with Spinach, Artichokes & Sun-Dried Tomatoes

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

Ingredients

Shrimp and Veggies

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 cups fresh baby spinach
- [ ] 1 cup marinated artichoke hearts, drained and halved
- [ ] 1/3 cup sun-dried tomatoes, sliced (oil-packed)
- [ ] 3 cloves garlic, thinly sliced
- [ ] 2 tbsp olive oil (plus extra for drizzling)

Sauce & Finish

- [ ] 1/4 cup dry white wine or seafood broth
- [ ] 2 tsp lemon juice
- [ ] Salt and pepper to taste
- [ ] Fresh parsley, chopped (optional)

Instructions

1. Pat the shrimp dry with paper towels; season lightly with salt and pepper.
2. Heat 2 tbsp olive oil in a large skillet over medium-high heat until shimmering.
3. Add the sliced garlic and sun-dried tomatoes, sauté for 1 minute until fragrant, then add the shrimp in a single layer. Cook 2-3 minutes per side until pink and just cooked through.
4. Stir in the artichoke hearts and spinach; toss gently until the spinach wilts, about 1-2 minutes.
5. Deglaze with white wine or broth, let it reduce slightly, then finish with lemon juice and a drizzle of extra olive oil. Sprinkle fresh parsley if desired and serve immediately.

Nutrition per serving

280 kcal	30 g	8 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using frozen shrimp, ensure they are fully thawed and patted dry for a proper sear.
- The oil from the sun-dried tomatoes adds depth; you can reserve extra for drizzling.
- Serve over a bed of rice or pasta for a heartier meal, but the skillet shines on its own.