

Treasure Barrel

Creamy Tuscan Shrimp Linguine: Easy Pasta Dinner

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

Ingredients

For the Pasta

- [ ] 12 oz linguine
- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 tbsp olive oil
- [ ] 4 cloves garlic, minced
- [ ] 1/2 cup sun-dried tomatoes in oil, drained and chopped
- [ ] 1 cup heavy cream
- [ ] 1/2 cup reserved pasta water
- [ ] 1/2 cup grated Parmesan cheese, plus more for serving
- [ ] 5 oz fresh baby spinach
- [ ] 1 tsp Italian seasoning
- [ ] 1/4 tsp red pepper flakes (optional)
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tbsp fresh parsley, chopped, for garnish

Instructions

1. First, let's get the pasta going. Bring a large pot of salted water to a rolling boil and add your linguine. Give it a gentle stir so it doesn't stick together. Cook according to the package instructions until it's al dente—you want it to have a slight bite. Just before you drain it, remember to scoop out about a cup of that starchy pasta water. It's our secret weapon for a silky sauce later! Drain the pasta and set it aside for a moment. This is a great time to take a deep breath and just enjoy the warm steam rising from the colander.

2. Now for the shrimp. Make sure they are patted very dry with a paper towel—this is so important for getting a beautiful sear. Season them on both sides with a pinch of salt and pepper. Heat the olive oil in a large skillet or pan over medium-high heat. Once the oil is shimmering slightly, add the shrimp in a single layer. Let them cook for about 1-2 minutes per side, until they turn pink and opaque. Don't overcrowd the pan; work in batches if you need to. Once cooked, transfer the shrimp to a plate and set them aside. Look at that gorgeous color!

3. In that same skillet, reduce the heat to medium. There should be some lovely browned bits left from the shrimp—that's pure flavor! Add the minced garlic, chopped sun-dried tomatoes, Italian seasoning, and red pepper flakes if you're using them. Sauté for about a minute, stirring constantly, until the garlic is fragrant. Ugh, the smell is just heavenly. Be careful not to let the garlic burn. Then, slowly pour in the heavy cream, scraping up any browned bits from the bottom of the pan. Let the sauce come to a gentle simmer.

4 Once the sauce is simmering, stir in the grated Parmesan cheese until it's melted and the sauce is smooth. Season with a little salt and pepper, but taste it first, as the parmesan and sun-dried tomatoes are already salty. Add the fresh spinach to the pan in handfuls, stirring until it wilts completely into the sauce. Now, add the cooked linguine and the seared shrimp back into the skillet. Add about half a cup of the reserved pasta water to start. Gently toss everything together with tongs until the pasta and shrimp are fully coated in that glorious, creamy sauce. If it seems too thick, add another splash of pasta water until it reaches your desired consistency. Serve immediately, garnished with fresh parsley and extra Parmesan. Just beautiful.

Nutrition per serving

650 kcal	30 g	55 g	35 g
Calories	Protein	Carbs	Fat

Tips & notes

- Feel free to adjust the amount of red pepper flakes to your liking. A small pinch adds a lovely warmth without making it overtly spicy, but you can add more if you love a little heat.
- For an extra layer of flavor, you can add a splash of the oil from the sun-dried tomato jar when you sauté the garlic. It’s infused with so much deliciousness and adds a beautiful color to the dish.
- If you have fresh basil on hand, it makes a wonderful garnish in addition to or instead of the parsley. Its sweet, fragrant aroma pairs beautifully with the other Tuscan flavors.