

Treasure Barrel

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

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 cups fresh spinach leaves
- [ ] 1 cup artichoke hearts, quartered
- [ ] 1/3 cup sun-dried tomatoes, sliced
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp extra-virgin olive oil
- [ ] Juice of 1/2 lemon
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Heat olive oil in a large skillet over medium-high heat. Add the minced garlic and sauté until fragrant, about 30 seconds.
2. Add the shrimp in a single layer, season with a pinch of salt, and cook 2-3 minutes per side until pink and just opaque.
3. Stir in the artichoke hearts and sun-dried tomatoes, letting them warm for a minute.
4. Toss in the spinach, allowing it to wilt, then drizzle lemon juice over everything. Finish with a splash of olive oil, adjust seasoning, and remove from heat.
5. Serve immediately, perhaps over a bed of rice or crusty bread, and enjoy the bright flavors.

Nutrition per serving

320 kcal	34 g	12 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not over-cook the shrimp; they become rubbery quickly.
- If using oil-packed sun-dried tomatoes, you can add a bit of that oil for extra richness.
- A pinch of red pepper flakes can add a gentle heat without dominating the dish.