



## Tuscan Shrimp (One-Pan, 30-Minute Dinner)

### Description

### Ingredients

#### Shrimp

- 1 lb raw shrimp (large, peeled, and deveined – 16 or 20 count per 1 pound of shrimp)
- 1 teaspoon smoked paprika
- ½ teaspoon Italian seasoning (thyme, basil, oregano, rosemary)
- ¼ teaspoon salt
- ¼ teaspoon black pepper coarse
- 5 cloves garlic minced
- 2 tablespoons olive oil

#### Creamy Tuscan sauce

- 4 oz sun-dried tomatoes chopped (about ¼ cup)
- 14 oz artichoke hearts drained and chopped (1 can or about 1 cup)
- 4 oz fresh spinach
- 1 cup heavy cream
- ¼ teaspoon smoked paprika
- salt to taste

### Instructions

#### How to sear the shrimp

- This recipe uses 1 lb of large raw shrimp (peeled and deveined) which usually means 16 or 20

count. Season the shrimp with smoked paprika, Italian seasoning, salt, and freshly ground black pepper.

- Heat 2 tablespoons of olive oil on medium-high heat in a large skillet until hot. Add shrimp and minced garlic, and cook for about 2 minutes per side.
- Make sure the shrimp are not overcrowded to avoid steaming. You might have to work in batches. Remove from heat. Remove shrimp to a plate.

### How to make Tuscan sauce

- To the same, now empty, skillet, add chopped sun-dried tomatoes, and chopped artichokes. Cook, stirring, for 1 minute on medium heat.
- Add fresh spinach. Cook until the spinach wilts, for a couple of minutes, on medium heat.
- To the skillet with sautéed vegetables, add 1 cup of heavy cream and paprika. Bring to a simmer. Simmer for about 1 minute, stirring. Season with salt, if needed. Add more paprika, if you like.

### Assembly

- Add seared shrimp to the skillet with the cream sauce.
- Spoon the sauce over the shrimp, and simmer for about 2 minutes (or more), until the shrimp is warmed up and completely cooked through.
- Season with salt, if needed.

### Nutrition

Calories: 558kcal | Carbohydrates: 25g | Protein: 31g | Fat: 39g | Saturated Fat: 16g  
| Polyunsaturated Fat: 2g | Monounsaturated Fat: 11g | Trans Fat: 0.01g |  
Cholesterol: 250mg | Sodium: 727mg | Potassium: 1521mg | Fiber: 7g | Sugar: 14g  
| Vitamin A: 5086IU | Vitamin C: 41mg | Calcium: 204mg | Iron: 5mg

### Category

1. High Protein Recipes

### Date

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