

Choco Fever Dream

Spicy Garlic Shrimp Pasta

Spicy Garlic Shrimp Pasta blends juicy shrimp, aromatic garlic, and a hint of chili for a satisfying weeknight meal.

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
- [ ] 12 oz linguine or spaghetti
- [ ] 4 cloves garlic, thinly sliced
- [ ] 2 tbsp olive oil
- [ ] 1 tsp red pepper flakes
- [ ] Juice of 1 lemon
- [ ] 1/4 cup grated Parmesan cheese
- [ ] Salt and black pepper to taste
- [ ] Fresh parsley, chopped (optional)

Instructions

1. Bring a large pot of salted water to boil; cook pasta al dente according to package, then reserve 1 cup of pasta water and drain.
2. While pasta cooks, heat olive oil in a wide skillet over medium-high heat. Add garlic and red pepper flakes; sauté until fragrant, about 30 seconds, being careful not to let garlic brown.
3. Add shrimp to the pan in a single layer; season with a pinch of salt and pepper. Cook 2-3 minutes per side until shrimp turn pink and opaque.
4. Stir in the cooked pasta, lemon juice, and a splash of the reserved pasta water. Toss gently, allowing the sauce to coat each strand.
5. Remove from heat, sprinkle Parmesan and chopped parsley, and give one last toss. Adjust seasoning with extra salt, pepper, or lemon as desired.

Nutrition per serving

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

Tips & notes

- If you prefer a richer sauce, add a small knob of butter at the end.
- Taste the shrimp before seasoning the pasta; the sea-salted flavor guides the final salt level.
- For a smoky twist, replace red pepper flakes with a pinch of smoked paprika.