

Choco Fever Dream

Tuscan Shrimp with Spinach, Artichokes and Sun-Dried Tomatoes

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1 cup fresh spinach leaves
- [ ] ½ cup marinated artichoke hearts, quartered
- [ ] 1/3 cup sun-dried tomatoes, sliced
- [ ] Juice of 1 lemon
- [ ] ½ tsp honey
- [ ] Salt and freshly ground black pepper, to taste
- [ ] 2 tbsp chopped fresh parsley

Instructions

1. Pat the shrimp dry with paper towels; season lightly with salt and pepper.
2. Heat 1 tbsp olive oil in a large skillet over medium-high heat. Add the shrimp in a single layer and sauté 2-3 minutes per side until pink and just cooked through; remove and set aside.
3. In the same skillet add the remaining olive oil and minced garlic; cook 30 seconds until fragrant, careful not to brown.
4. Stir in the artichoke hearts and sun-dried tomatoes; let them warm for a minute, then add the spinach and toss until just wilted.
5. Return the shrimp to the pan, drizzle with lemon juice and honey, and season with pepper. Toss everything together for another minute so flavors meld.
6. Remove from heat, sprinkle with fresh parsley, and serve immediately.

Nutrition per serving

280 kcal	30 g	10 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using jarred sun-dried tomatoes packed in oil, drain them well to avoid excess grease.
- A splash of low-sodium chicken broth can loosen the sauce if it looks dry.
- For a richer finish, drizzle a tiny drizzle of extra-virgin olive oil just before serving.