

Garlic Shrimp & Spinach Pasta (Japanese Style)

Serves 2

- 160 g spaghetti or linguine
- 150 g shrimp, peeled and deveined
- 18 g olive oil (1½ T)
- 6 g garlic, thinly sliced (≈ 1 large clove)
- ½ tsp red pepper flakes
- 40 g fresh spinach
- 5 ml low-sodium soy sauce (≈ 6 g)
- 5 ml lemon or lime juice
- 20 g grated parmesan cheese (optional but recommended)
- 20 g chopped walnuts OR 40 g edamame (optional mix-ins)
- Salt + black pepper, to taste



Instructions

1. Boil **pasta** in lightly salted water until al dente. Reserve 120 ml pasta water.
2. Heat **olive oil** in a pan over **medium heat**. Add **garlic** and **sauté 30–45 seconds** until fragrant.
3. Add **shrimp**, a pinch of **salt**, and **red pepper flakes**. Cook until shrimp just turn pink.
4. Add **spinach** and **soy sauce**; toss until spinach wilts.
5. Add cooked pasta directly to the pan along with **60–80 ml pasta water**. Toss vigorously to emulsify.
6. Add **lemon juice** and **parmesan**. Mix until sauce lightly coats pasta.
7. Fold in **walnuts or edamame** if using.
8. Adjust seasoning and serve immediately.

Nutrition

Per serving: Kcal: 505 | Protein: 32 g | Fat: 16 g | Sat Fat: 3 g | Carbs: 60 g | Sugars: 2.5 g | Fiber: 4 g | Sodium: 310 mg | Omega-3: 0.35 g

Whole dish: Kcal: 1,010 | Protein: 64 g | Fat: 32 g | Sat Fat: 6 g | Carbs: 120 g | Sugars: 5 g | Fiber: 8 g | Sodium: 620 mg | Omega-3: 0.70 g

Notes

- Pasta water creates the sauce by emulsifying with olive oil and parmesan.
- Walnuts add richness and omega-3; edamame increases protein and fiber.
- Parmesan is recommended even for Japanese-style pasta — improves texture.
- Increase olive oil to 15–18 g for a richer mouthfeel.