

## Garlic Shrimp & Spinach Pasta

Serves 2

- 160 g spaghetti or linguine
- 150 g shrimp, cooked, thawed, peeled, deveined, patted dry
- 18 g olive oil (1½ T)
- 6 g garlic, thinly sliced (1 large clove)
- 1-2 anchovy fillets, finely minced
- ½ tsp red pepper flakes
- 40 g fresh spinach
- 5 ml low-sodium soy sauce (6 g)
- 5 ml lemon or lime juice
- ½ tsp lemon zest
- 20 g grated parmesan cheese (optional)
- 20 g chopped walnuts OR 40 g edamame (optional)
- Black pepper, to taste



### Instructions

1. Boil **pasta** in lightly salted water until al dente. Reserve 120 ml pasta water.
2. Heat **olive oil** over **medium-low heat**. Add **garlic, anchovy, and red pepper flakes**; **cook 30–45 seconds**.
3. Add **spinach** and **soy sauce**; toss until wilted.
4. Add **pasta** and **60–80 ml pasta water**; toss to emulsify.
5. Add cooked **shrimp** and warm gently, **30–60 seconds**.
6. Add **lemon juice, zest, and Parmesan**. Toss well.
7. Fold in **walnuts** or **edamame**. Adjust seasoning and serve.

### 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.

### Raw vs Cooked Shrimp Note

- Raw shrimp: sauté briefly, remove, then return at end.
- Cooked shrimp: add only at final stage to avoid toughness.
- Anchovies supply umami normally developed from raw shrimp browning.