

Shrimp, Walnut & Basil Linguine エビとくるみとバジルのリングイネ

Serves: 2 | Total time: ~20 minutes

Ingredients

- 160 g linguine (リングイネ)
- 180–200 g shrimp (エビ)
- 25 g walnuts (くるみ)
- 10 g basil (バジル)
- 1 T olive oil (オリーブオイル)
- 1 T butter (バター)
- ¼ tsp salt + pinch MSG
- black pepper
- Optional: ½ tsp lemon juice



Instructions

1. Cook **linguine**; reserve 100 ml pasta water.
2. Season **shrimp** lightly.
3. Toast **walnuts** in frying pan **2–3 min**; remove.
4. Cook **shrimp 1–2 min/side**; remove.
5. Add **butter + 60 ml pasta water**; emulsify.
6. Add **pasta**; toss until glossy.
7. Add **shrimp, walnuts, basil**.
8. Adjust **seasoning**; serve.

Notes

- Keep sauce light and glossy.
- Do not overcook shrimp.
- Use pasta water for balance.

Nutrition

Per serving: Kcal: 540 | Protein: 28 g | Fat: 22 g | Carbs: 55 g | Sodium: 450 mg

Total: Kcal: 1080 | Protein: 56 g | Fat: 44 g | Carbs: 110 g | Sodium: 900 mg