

Easy 1-Pan Lemon Orzo Pasta with Shrimp: Under 30 Minutes!

Get ready for a weeknight dinner game-changer! This



TIME
30 min

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INGREDIENTS

1 lb. raw shrimp, peeled and deveined
Salt & pepper, to taste
1/2 tsp paprika (smoked paprika recommended)
Avocado oil spray, 3-4 seconds (or 1 tbsp olive oil)
1 shallot, finely minced
3-4 garlic cloves, minced
1 cup dry orzo pasta (or whole wheat orzo)
2.5-3 cups lower-sodium chicken or vegetable broth
1/4 cup fat-free half & half (or 1-2 Tbsp Neufchatel cream cheese)
Zest and juice of 1 lemon
1 bunch asparagus, chopped into 1-inch pieces
2-3 tbsp Parmesan cheese, grated
Garnish (optional): Chopped parsley
Chili flakes

Swaps and Notes:

Shrimp: Medium to large raw shrimp work best. If using frozen, ensure they are fully thawed and patted very dry before cooking. You can swap for cubed chicken breast for a different protein, adjusting cooking time.

Paprika: Smoked paprika adds a lovely depth to the shrimp, but regular paprika works fine.

Avocado Oil Spray: A neutral oil spray works well for searing. If using liquid oil, use about 1 tablespoon.

Shallot: A shallot adds a delicate onion flavor. If you don't have one, finely minced yellow onion (about 1/4 cup) can be used.

Garlic: Freshly minced garlic is crucial for the best flavor.

Orzo Pasta: Orzo is a small, rice-shaped pasta. Whole wheat orzo is a good, healthier alternative.

Broth: Lower-sodium chicken or vegetable broth gives you more control over the salt content.

Fat-Free Half & Half: This adds creaminess without too much fat. Neufchatel cream cheese (a lower-fat cream cheese) is an excellent alternative for richness. A splash of regular heavy cream can also be used for a richer sauce.

Lemon: Fresh lemon juice and zest are absolutely essential for that bright, zesty finish.

Asparagus: Asparagus adds a lovely fresh, slightly crisp texture. Green peas, chopped spinach, or broccolini florets are good substitutions.

Parmesan Cheese: Freshly grated Parmesan cheese melts beautifully and adds savory depth.

DIRECTIONS

1. Let's get this delicious 1-: Pan Lemon Orzo Pasta with Shrimp cooked in no time!
2. Season : Shrimp: Pat the raw, peeled, and deveined shrimp dry with paper towels. In a bowl, season the shrimp generously with salt, pepper, and paprika.
3. Sear : Shrimp: Heat a large, deep pan or skillet (one with a lid is ideal for later simmering) over medium-high heat. Spray with avocado oil (or add 1 tbsp olive oil). Once hot, add the seasoned shrimp in a single layer. Sear for about 2-3 minutes per side until they are golden brown and cooked through (pink and opaque). Be careful not to overcook the shrimp, as they can become rubbery. Remove the cooked shrimp from the pan and set them aside on a plate.
4. SautØ Aromatics: In the same pan, reduce the heat to medium-low. Add the finely minced shallot and minced garlic. SautØ for about 1-2 minutes, stirring constantly, until they are fragrant. Be careful not to burn the garlic.
5. Toast : Orzo: Stir the dry orzo pasta into the pan with the shallots and garlic. Let it toast for 2-3 minutes, stirring occasionally. This step adds a subtle nutty flavor to the orzo.
6. Cook : Orzo (Risotto-Style): Gradually add the lower-sodium chicken or vegetable broth to the orzo, about 1/2 cup at a time. Stir frequently. Allow the orzo to absorb most of the liquid before adding more. Continue this process, stirring often, until the orzo is cooked al dente and creamy, much like a risotto. This will take about 10-15 minutes. Add more broth as needed to keep the orzo from sticking and to achieve your desired creamy consistency.

7. **Finish with : Creaminess & Veggies:** Once the orzo is cooked and creamy, stir in the fresh lemon juice and zest, fat-free half & half (or Neufchatel cream cheese), and the grated Parmesan cheese. Add the chopped asparagus to the pan. Cook for another 2-3 minutes, stirring, until the asparagus is tender-crisp.
8. **Combine & : Garnish:** Return the seared shrimp to the pan with the orzo mixture. Toss gently to combine and heat the shrimp through for about 1 minute. Remove from heat.
9. **Garnish & : Serve:** Garnish generously with freshly chopped parsley and a sprinkle of chili flakes (if desired, for a touch of heat). Serve hot and enjoy your delicious and easy 1-Pan Lemon Orzo Pasta with Shrimp!

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You can swap for cubed chicken breast for a different protein, adjusting cooking time.

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TIPS FOR SUCCESS

Don't Overcook Shrimp: Shrimp cooks very quickly.

Remove it from the pan as soon as it's opaque to keep it tender.

Toast Orzo: This small step adds significant depth of flavor to the pasta.

Gradually Add Broth: Treating the orzo like a risotto, by adding broth gradually, ensures it becomes creamy and absorbs flavors fully.

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Original recipe: <https://chefmaniac.com/easy-1-pan-lemon-orzo-pasta-with-shrimp-under-30-minutes/>