

Shrimp Pasta Primavera: A Fresh & Vibrant Spring Dinner

, especially when you have your vegetables chopped and ready. It's bursting with



TIME
1-2 min

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INGREDIENTS

8 ounces pasta (fettuccine, linguine, or penne work well)
1 tablespoon olive oil, divided
1 pound large shrimp, peeled and deveined (tail on or off)
2 tablespoons unsalted butter
2 cloves garlic, minced
1 cup asparagus, trimmed and cut into 1-inch pieces
1 cup cherry tomatoes, halved
1/2 cup green peas (fresh or frozen)
1/2 cup thinly sliced zucchini or yellow squash
1/4 cup chicken or vegetable broth
2 tablespoons fresh lemon juice
1/4 cup grated Parmesan cheese, plus more for serving
2 tablespoons fresh parsley or basil, chopped
Salt and freshly ground black pepper to taste
Red pepper flakes (optional, for a kick)

DIRECTIONS

- 1. Cook : Pasta:** Bring a large pot of generously salted water to a boil. Add the pasta and cook according to package directions until al dente (firm to the bite). Before draining, scoop out about 1 cup of the starchy pasta cooking water and set it aside. Drain the pasta and immediately transfer it back to the empty pot or a large mixing bowl.
- 2. Cook : Shrimp:** While the pasta cooks, heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Pat the shrimp thoroughly dry with paper towels, then season lightly with salt and pepper. Add the shrimp to the hot skillet in a single layer (cook in batches if necessary to avoid overcrowding). Cook for 1-2 minutes per side, until pink, opaque, and cooked through. Remove shrimp from the skillet and set aside.
- 3. Saut  Vegetables:** Reduce the heat to medium. Add the butter to the same skillet. Once melted, add the minced garlic and saut  for 30 seconds until fragrant. Add the asparagus pieces, cherry tomatoes, green peas, and sliced zucchini/squash to the skillet. Saut  for 3-5 minutes, stirring frequently, until the vegetables are tender-crisp.
- 4. Deglaze & : Sauce:** Pour the chicken or vegetable broth and fresh lemon juice into the skillet with the vegetables, scraping up any browned bits from the bottom of the pan. Bring to a gentle simmer. Add red pepper flakes if using.
- 5. Combine & : Finish:** Add the cooked pasta and cooked shrimp to the skillet with the vegetables and sauce. Toss everything together, adding the grated Parmesan cheese and fresh parsley/basil. Add a splash or two of

the reserved pasta cooking water, if needed, to create a light, cohesive sauce that coats the pasta and vegetables.

6. **Season & : Serve:** Taste the pasta and adjust seasonings with salt and freshly ground black pepper as needed. Serve immediately, with extra Parmesan cheese on the side if desired.

SWAPS & NOTES

Pasta: Any long or short pasta will work.

Choose what you have on hand or what you prefer.

Shrimp: Large shrimp hold up best in this dish.

If you prefer, cooked chicken breast, quickly sautéed, can be a substitute for shrimp.

TIPS FOR SUCCESS

Prep Your Veggies: Have all your vegetables chopped and ready to go before you start cooking, as this dish comes together quickly.

Don't Overcook Shrimp: Shrimp cook very quickly, so keep a close eye on them to prevent them from becoming rubbery.

Al Dente Pasta: Ensure your pasta is cooked al dente, as it will continue to cook slightly when tossed with the hot sauce.

Starchy Pasta Water: This is crucial for creating a light, emulsified sauce that clings beautifully to the pasta without being heavy.

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Original recipe: <https://chefmaniac.com/shrimp-pasta-primavera-a-fresh-vibrant-spring-dinner/>