

Creamy Shrimp & Broccoli Alfredo Pasta

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2 min

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INGREDIENTS

8 oz fettuccine or linguine
1 lb large shrimp, peeled and deveined
1 tablespoon lemon juice
2 cups broccoli florets (fresh or frozen)
2 tablespoons butter
3 cloves garlic, minced
1 cup heavy cream
¾ cup grated Parmesan cheese
... teaspoon red pepper flakes (optional, for a hint of heat)
Salt and black pepper, to taste
Chopped parsley or extra red pepper flakes, for garnish

Swaps and Notes:

Pasta: While fettuccine and linguine are classic for Alfredo, any pasta shape like penne, rigatoni, or even rotini would work well here.

Shrimp: Look for large, uncooked shrimp. If using frozen, make sure to thaw and pat them dry before poaching.

Broccoli: Fresh broccoli is great, but frozen broccoli florets (thawed slightly if very large) can be used for convenience. Other quick-cooking vegetables like spinach (stirred in at the end) or asparagus spears could also be added.

Parmesan Cheese: Freshly grated Parmesan cheese will melt smoother and provide superior flavor compared to pre-grated varieties.

Red Pepper Flakes: Adjust the amount of red pepper flakes to your preference for heat. Omit entirely

if you don't like spice.

Cream: Heavy cream provides the richest sauce.

Half-and-half can be used for a lighter version, but the sauce might be less thick.

Lemon Juice for Shrimp: The lemon juice in the poaching liquid subtly brightens the shrimp's flavor.

DIRECTIONS

1. This delightful shrimp and pasta dish comes together in just a few efficient steps:
2. Cook the : Pasta and Broccoli: In a large pot, bring generously salted water to a rolling boil. Add the fettuccine or linguine and cook according to package instructions until it is al dente (firm to the bite). During the last 2 minutes of the pasta's cooking time, add the broccoli florets to the boiling water to cook them until crisp-tender. Once cooked, drain both the pasta and broccoli thoroughly. Rinse them briefly with cold water to stop the cooking process and prevent sticking (this is especially helpful for pasta if not immediately adding to sauce). Set aside.
3. Poach the : Shrimp: While the pasta cooks, in a separate small saucepan or the same large pot (after draining pasta), bring 4 cups of water to a gentle simmer with the 1 tablespoon of lemon juice and a pinch of salt. Add the peeled and deveined shrimp to the simmering water and poach for just 2-3 minutes until the shrimp turn pink and opaque. Be careful not to overcook them, as they can become rubbery. Remove the poached shrimp from the water and set them aside.
4. Make : Alfredo Sauce: In a large skillet (the same one you plan to serve from is ideal), melt the 2 tablespoons of butter over medium heat. Add the minced garlic and sauté for about 1 minute until it's fragrant but not browned. Pour in the 1 cup heavy cream and bring it to a gentle simmer, stirring occasionally. Reduce the heat to low. Stir in the $\frac{3}{4}$ cup grated Parmesan cheese and the ... teaspoon red pepper flakes (if using) until the cheese is completely melted and the sauce thickens slightly. Season the sauce generously with salt and black pepper to taste. Simmer for 2-3 minutes to allow the flavors to meld.

5. **Combine & : Finish:** Add the cooked and drained pasta and broccoli to the Alfredo sauce in the skillet. Toss everything gently to ensure the pasta and broccoli are thoroughly coated with the creamy sauce. Gently fold in the poached shrimp. Heat through for about 1 minute over low heat, just until the shrimp are warmed through.
6. **Serve : Hot:** Transfer the Creamy Shrimp & Broccoli Alfredo Pasta to serving plates. Garnish with a sprinkle of chopped fresh parsley (or extra red pepper flakes if you like more heat) and a little extra grated Parmesan cheese. Serve immediately and enjoy every rich, satisfying bite!

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