

One-Pan Style Creamy Parmesan Shrimp and Penne (Easy & Fresh)

Zesty Lemon Herb Shrimp with Creamy Parmesan Broccoli Penne



TIME
30 min

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INGREDIENTS

The Base: 12 ounces penne pasta.
The Protein: 1 pound shrimp (peeled and deveined).
The Herb Rub: 1 tsp each of garlic powder, onion powder, dried oregano, and dried basil, plus ½ tsp each of salt and black pepper.
The Creamy Sauce: 1 cup heavy cream, ½ cup low-sodium chicken broth, and ½ cup grated Parmesan cheese.
The Zest Factor: Zest and juice of 1 lemon and 3 cloves of minced garlic.
The Greens: 2 cups broccoli florets and 2 Tbsp fresh chopped parsley.
The Kick: ½ tsp crushed red pepper flakes (optional).
Fats: 2 Tbsp olive oil.

DIRECTIONS

- 1. Boil the Penne:** Cook your penne pasta in a large pot of salted water according to the package instructions. Aim for al dente-the pasta will cook for another minute in the sauce later, so you want it to have a bit of "bite." Drain and set aside.
- 2. Season and Sear the Shrimp:** In a small bowl, whisk together the garlic powder, onion powder, oregano, basil, salt, and pepper. Coat your shrimp thoroughly in this spice blend. Heat olive oil in a large skillet over medium heat and cook the shrimp for 3 minutes per side until pink and opaque. Remove the shrimp and set them aside so they don't overcook.
- 3. SautØ the Aromatics and Veggies:** In the same skillet (don't wash it-those brown bits are flavor!), add the minced garlic and sautØ for 30 seconds. Toss in the broccoli florets and sautØ for about 5 minutes. You want them to be vibrant green and tender but still have a crisp snap.
- 4. Build the Parmesan Cream Sauce:** Pour in the heavy cream and chicken broth. Bring the mixture to a gentle simmer. Stir in the red pepper flakes, Parmesan cheese, lemon zest, and lemon juice. Let the sauce simmer and thicken for about 3 minutes until it coats the back of a spoon.
- 5. The Grand Finale:** Return the cooked pasta and the seared shrimp to the skillet. Toss everything together vigorously until every tube of penne is draped in that zesty cream sauce.
- 6. Garnish and Serve:** Garnish with fresh parsley and an extra sprinkle of Parmesan if desired. Serve immediately while hot.

SWAPS & NOTES

The Pasta: While penne is excellent for "catching" the cream sauce, fettuccine or bow-tie (farfalle) pasta are fantastic alternatives.

The Shrimp: Use "tail-off" shrimp for easier eating, or keep the tails on for a more elegant restaurant-style presentation.

The Broccoli: If you aren't a fan of broccoli, asparagus tips or baby spinach make wonderful substitutes. (If using spinach, add it at the very end as it only needs 30 seconds to wilt).

Lighten It Up: You can substitute half-and-half for the heavy cream, though the sauce will be slightly thinner.

TIPS FOR SUCCESS

Don't Overcook the Shrimp: Shrimp cook incredibly fast.

As soon as they curl into a "C" shape and turn pink, get them out of the pan!

Zest Before Juicing: It is much easier to zest a firm, whole lemon than a squeezed-out half.

Pasta Water Reserve: Before draining your pasta, save a half-cup of the starchy pasta water.

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