

## Easy Lobster Alfredo with Spinach for a Rich and Elegant Dinner at Home

Lobster Alfredo with Spinach



TIME

**1 to 2 min**

PRINT

**Recipe Card**

SAVE

**PDF**

SOURCE

**ChefManiac**

### INGREDIENTS

- 12 ounces fettuccine or linguine
- 2 cups cooked lobster meat, chopped
- 2 tablespoons butter
- 3 cloves garlic, minced
- 2 cups heavy cream
- 1 cup freshly grated Parmesan cheese
- 3 cups fresh spinach
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon black pepper
- 1/4 teaspoon crushed red pepper flakes, optional
- 1 tablespoon olive oil
- 1/4 cup reserved pasta water, as needed
- Chopped parsley, optional for garnish

### DIRECTIONS

1. Bring a large pot of salted water to a boil and cook the pasta according to package directions until al dente.
2. Before draining, reserve about 1/4 cup of the pasta water. Drain the pasta and set aside.
3. In a large skillet or sauté pan, heat the butter and olive oil over medium heat.
4. Add the minced garlic and cook for about 30 seconds, just until fragrant.
5. Pour in the heavy cream and stir gently, allowing it to warm through without boiling too hard.
6. Add the : Parmesan cheese a little at a time, stirring until melted and smooth.
7. Season the sauce with salt, black pepper, and crushed red pepper flakes if using.
8. Stir in the fresh spinach and cook just until wilted.
9. Add the cooked lobster meat and let it warm gently in the sauce for 1 to 2 minutes.
10. Toss in the cooked pasta and stir until everything is coated evenly.
11. Add a splash of reserved pasta water if needed to loosen the sauce.
12. Garnish with chopped parsley and serve immediately.

### SWAPS & NOTES

Fettuccine is the classic pasta choice for Alfredo because it holds the creamy sauce so well, but linguine or even tagliatelle also work beautifully.

Use what you have or what you prefer.

Cooked lobster meat can come from lobster tails, claw meat, or even leftover lobster if you are lucky enough to have some on hand.

Just be careful not to overcook it when adding it to the sauce, since lobster can become tough if heated too long.

### TIPS FOR SUCCESS

Do not let the cream boil aggressively.

A gentle heat helps keep the Alfredo sauce smooth and prevents it from separating.

Use freshly grated Parmesan for the silkiest sauce.

Pre-packaged cheese often does not melt as smoothly and can make the sauce grainy.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/easy-lobster-alfredo-with-spinach-for-a-rich-and-elegant-dinner-at-home/>