

## This One-Pan Creamy Shrimp and Crab Spinach Is Rich, Easy, and Totally Indulgent

Creamy Shrimp and Crab Spinach



**TIME**  
**20 min**

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### INGREDIENTS

½ lb shrimp, peeled and deveined  
½ lb crab meat (lump or claw both work-just make sure it's real crab)  
2 tbsp butter  
2 cloves garlic, minced  
1 small onion, finely diced  
2 cups fresh spinach  
1 cup heavy cream  
... cup Parmesan cheese, grated  
... tsp nutmeg (optional, but adds warmth and depth)  
Salt and pepper, to taste  
1 tbsp olive oil  
Fresh parsley, for garnish

### DIRECTIONS

- 1. Cook the Shrimp:** I start by heating olive oil in a large skillet over medium heat. Once hot, I add the shrimp, seasoning with a little salt and pepper. They only need about 2-3 minutes per side-just until they turn pink and opaque. Once done, I transfer them to a plate and set them aside.
- 2. Sauté the Aromatics:** In the same skillet, I melt the butter and add the garlic and diced onion. I cook them for about 2-3 minutes, just until the onion is soft and the garlic is fragrant. That buttery garlic base sets the tone for the entire dish.
- 3. Wilt the Spinach:** Next, I toss in the fresh spinach. It looks like a lot at first, but it cooks down quickly-about 2 minutes. I stir it often so it wilts evenly and soaks up all that buttery flavor.
- 4. Make the Cream Sauce:** Once the spinach is wilted, I pour in the heavy cream and sprinkle in the Parmesan cheese. I let the sauce simmer gently for 3-4 minutes, stirring occasionally until it thickens slightly.
- 5. If I'm using nutmeg,** I add it here-just a pinch. It gives the sauce a subtle warmth that pairs really well with the creamy texture and seafood.
- 6. Add the Seafood:** Now I gently fold in the cooked shrimp and the crab meat. I stir just enough to combine everything and let it warm through for another minute or two. The key here is not to overmix-you want those chunks of crab and shrimp to stay intact.
- 7. I taste and adjust** with a little more salt or pepper if needed, then turn off the heat.
- 8. Garnish and Serve:** Right before serving, I scatter some chopped parsley over the top for color and

freshness. From there, it's ready to go-whether as a side dish or spooned over a bowl of pasta, grits, or rice.

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Original recipe: <https://chefmaniac.com/this-one-pan-creamy-shrimp-and-crab-spinach-is-rich-easy-and-totally-indulgent/>