

Helergon Kitchen

Tuscan Shrimp with Spinach, Artichokes & Sun-Dried Tomatoes

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 cups fresh spinach leaves
- [ ] 1 cup marinated artichoke hearts, quartered
- [ ] 1/3 cup sun-dried tomatoes, chopped
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp olive oil

Finishing Touches

- [ ] 1 tbsp fresh lemon juice
- [ ] 1/4 tsp red pepper flakes (optional)
- [ ] Salt and freshly ground black pepper to taste
- [ ] Fresh parsley, chopped for garnish

Instructions

1. Heat olive oil in a large skillet over medium-high heat. Add minced garlic and sauté for 30 seconds until fragrant.
2. Add the shrimp in a single layer, season with salt and pepper, and cook 2-3 minutes per side until pink and just opaque.
3. Stir in the artichoke hearts and sun-dried tomatoes; let them warm through for about 2 minutes.
4. Toss in the spinach and cook until wilted, about 1 minute. Squeeze lemon juice over the mixture and sprinkle red pepper flakes.
5. Remove from heat, garnish with chopped parsley, and serve immediately. For a heartier version, pair with Tuscan shrimp linguine or enjoy alongside a pesto pasta salad.

Nutrition per serving

280 kcal	30 g	12 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the skillet gets too hot, lower the heat briefly to avoid over-cooking the shrimp.
- Add a splash of white wine after the shrimp for extra depth – optional but nice.
- For extra brightness, finish with a zest of lemon just before serving.