

Helergon Kitchen

Creamy Tuscan Shrimp Linguine

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 8 oz linguine
- [ ] 1/2 cup sun-dried tomatoes, sliced
- [ ] 2 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 2 tbsp olive oil
- [ ] Zest and juice of 1 lemon
- [ ] Fresh basil leaves, torn
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil, add the linguine, and cook until al dente, about 9-10 minutes. Reserve 1 cup of the pasta water before draining.
2. While the pasta cooks, heat olive oil in a large skillet over medium-high heat. Add the shrimp, season with salt and pepper, and sear for 2-3 minutes per side until pink. Remove shrimp and set aside.
3. In the same skillet, reduce heat to medium and add minced garlic. Sauté for 30 seconds until fragrant, then stir in the sun-dried tomatoes and cook for another minute.
4. Pour in the heavy cream, stirring gently. Let it simmer for 3-4 minutes until it begins to thicken, then whisk in the Parmesan cheese until melted.
5. Return the shrimp to the skillet, add the cooked linguine, and toss everything together. If the sauce feels too thick, add a splash of the reserved pasta water until glossy.
6. Finish with lemon zest, lemon juice, and torn basil. Season with additional salt and pepper if needed, then serve immediately.

Nutrition per serving

480 kcal	28 g	45 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the sauce before adding salt; the Parmesan already brings plenty of seasoning.
- For a brighter flavor, add a pinch of red-pepper flakes with the garlic.
- If you prefer a lighter sauce, substitute half-and-half for the heavy cream.