

# One Pot Shrimp and Spinach Pasta

Prep 10M | Cook 20M | Enjoy in 30M

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Ready in just 30 minutes and using simple and healthy ingredients, this one pot wonder is the perfect weeknight meal.

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## INGREDIENTS

- 1 tbsp salted butter
  - 1 cup diced yellow onion
  - 4 cloves minced garlic
  - 2 cups cherry tomatoes, halved
  - ¼ tsp red pepper flakes
  - 4 cups low sodium chicken broth
  - ¼ tsp salt
  - ¼ tsp freshly ground pepper
  - 12 oz (340g) uncooked spaghetti noodles
  - 300g fresh shrimp
  - 2 tbsp fresh chopped basil
  - 4 cups fresh spinach
  - ¼ cup freshly grated Parmesan cheese
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## DIRECTIONS

1. In a large pot, heat butter over medium heat.
  2. Add onion and cook until softened, about 3-4 minutes. Add garlic and cook until fragrant, about 1 minute. Stir in tomatoes and red pepper flakes.
  3. Add broth, salt and pepper and bring to a boil. Reduce heat to medium low and add pasta. Cook until tender, about 10 minutes.
  4. About 2-3 minutes before pasta is done cooking, add shrimp. Cook until shrimp is opaque, about 2-3 minutes. Remove from heat and stir in spinach and basil. Sprinkle with Parmesan cheese.
  5. Serve and enjoy!
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## NUTRITIONAL FACTS

Serves 4 (1 cup per serving)

Nutritional analysis per serving: 333 calories, 7 g fat, 31 g protein, 38 g carbohydrate (34 g available carbohydrate), 4 g fibre, 429 mg sodium