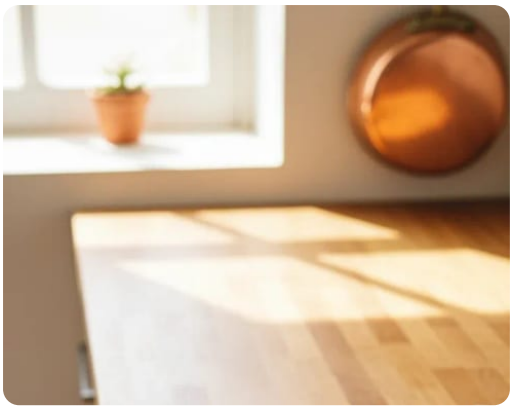


Zucchini Bread Recipes

Tuscan Shrimp with Spinach, Artichokes & Sun-Dried Tomatoes

15 min Prep time	**12 min** Cook time	**27 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 cups fresh spinach leaves
- [ ] 1 cup artichoke hearts, quartered
- [ ] ½ cup sun-dried tomatoes, sliced
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 3 cloves garlic, minced
- [ ] Juice of ½ lemon
- [ ] Salt and freshly ground black pepper to taste

Optional Finish

- [ ] 1 tsp honey (optional)
- [ ] Fresh parsley, chopped for garnish

Instructions

1. Pat the shrimp dry with paper towels; season lightly with salt and pepper.



2. Heat the olive oil in a large skillet over medium-high heat. Add the minced garlic and sauté until fragrant, about 30 seconds.



3. Add the shrimp in a single layer, cooking for 2 minutes per side until they turn pink and opaque. Transfer shrimp to a plate.



4. In the same skillet, add the artichoke hearts and sun-dried tomatoes; stir for 1 minute, then add the spinach and let it wilt, about 30 seconds.



5 Return the shrimp to the pan, drizzle with lemon juice and honey if using, and toss everything together until coated and heated through.



6 Season with additional salt or pepper if needed, garnish with chopped parsley, and serve immediately.



Nutrition per serving

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

Tips & notes

- Do not overcook the shrimp; they become rubbery if left too long.
- If you like a richer sauce, drizzle a little extra sun-dried tomato oil just before serving.
- This dish pairs wonderfully with a side of whole-grain couscous or a simple mixed green salad.