

# Quick and Easy Seafood Pasta with Shrimp

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If you love seafood pasta as much as I do, you're going to love this Quick and Easy Seafood Pasta with Shrimp, you can make right at home. Inspired by those indulgent restaurant meals, this dish comes together quickly with tender shrimp, your favorite pasta, and a light, flavorful sauce. I've included options to cook with wine or stock—so you can customize it to suit your preferences. It's an elegant, easy dinner perfect for any night of the week, that includes perfectly seared scallops! Don't worry, I'll show you exactly how to get that golden crust every time.

### Perfectly seared scallops, how do you do that????

This is how, you saute them in a mixture of butter and olive oil and you don't over crowd the pan, or you end up with scallops that look boiled.....YIKES!!!!



The butter is the browning agent, the oil keeps the butter from burning, this process produces beautifully seared golden scallops, cooked to perfection.

This linguine with seared scallops is easy and quick. It can be on your table in 30 minutes, it's a perfect way to show off what a great "home chef" you are.

Simple yet impressive, it's the perfect easy meal for weeknight family meals and fancy enough for Saturday night dinner with friends. It's a delicious dinner that looks pretty on your table, served on pretty plates or served family



style in one bowl.

Scallops can be expensive, if you add them to pasta, it's an affordable meal you can have on your weekly menu. This easy seafood pasta was inspired by my love for elegant restaurant-style seafood dishes—something I always considered a luxury meal. I've simplified the recipe to make it approachable for the home cook, without sacrificing flavor or flair.



I don't drink alcohol, so I always include options in my recipes for either wine or stock—use whatever works best for your lifestyle and taste. In this recipe, either option works beautifully. If you prefer not to cook with wine, just use a good-quality stock. For the pasta, I used spinach linguine, but feel free to use any pasta shape or flavor you enjoy. Just be sure to cook it in well-salted, rapidly boiling water for

the best flavor. If you love scallops try my personal favorite perfectly seared scallops with orzo.

If you try this recipe don't forget to leave me a comment and tag me on Instagram, That's my favorite part!!!!

## Ingredients

- $\frac{1}{2}$  lb. linguine
- 1 lb. large scallops
- 2 cups chopped spinach
- $\frac{1}{2}$  cup chopped onion
- 2 tablespoons chopped garlic
- 2 tablespoons all-purpose flour
- 1 cup marinara sauce (prepared)
- 1 cup heavy whipping cream
- 1 cup chicken stock or white wine
- 1 tablespoon each: chopped Italian parsley, basil, and thyme
- 2 tablespoons olive oil
- 2 tablespoons butter
- Salt and pepper, to taste
- Freshly grated Parmesan cheese, for serving

- Extra chopped parsley, for garnish
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## Instructions

1. Bring a large pot of salted water to a boil. Cook the linguine according to package directions until al dente. Reserve 2 cups of the pasta water before draining then and set aside.
2. Pat scallops dry with paper towels. remove the membrane on the side. Season both sides with salt and pepper, then lightly coat with flour.
3. In a large sauté pan, heat the olive oil and butter over medium-high heat. Add scallops and sear for about 3 minutes per side until golden brown and cooked through. Remove and set aside.
4. In the same pan, add a little more oil if needed. Sauté the chopped onion and garlic until softened and translucent, about 3–4 minutes.
5. Pour in the chicken stock or white wine to deglaze the pan, scraping up any brown bits. Stir in the marinara sauce, reserved pasta water and heavy cream. Simmer for about 10 minutes, or until the sauce thickens.
6. Add the chopped spinach and fresh herbs during the last 5 minutes of simmering. Stir to combine and let the spinach wilt.
7. Toss the cooked linguine in the sauce until well coated. Plate the pasta, top with seared scallops, and garnish with grated Parmesan and a sprinkle of fresh