

DINNER

Butter-Me-Up Scampi Bucatini

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	15 min	20 min	6	\$4.00	592 kcal

Butter-Me-Up Scampi Bucatini might be a good recipe to expand your main course recipe box. This recipe serves 6. For \$4.0 per serving, this recipe covers 24% of your daily requirements of vitamins and minerals. One portion of this dish contains approximately 34g of protein, 22g of fat, and a total o...

Ingredients

- ☐ 1 pound bucatini pasta
- ☐ 1 stick butter
- ☐ 1 teaspoon fennel seeds
- ☐ 1 cup flat-leaf parsley, loosely packed
- ☐ 6 cloves garlic, finely chopped
- ☐ 2 lemons, 1 sliced and 1 juiced
- ☐ 2 tablespoons extra-virgin olive oil
- ☐ 1 teaspoon red pepper flakes
- ☐ 6 servings Salt
- ☐ 1 tablespoon seafood seasoning (recommended: Old Bay)
- ☐ 1½ pounds shrimp, peeled and deveined, tails off
- ☐ ½ cup white wine or white vermouth

EQUIPMENT Bowl, Frying pan, Pot

Method

- 1 Bring a large pot of salted water to a boil over medium heat.
- 2 Add the pasta and cook to just-shy of al dente.
- 3 Remove and reserve 1 cup of the cooking water.

- 4 Add the shrimp, the seafood seasoning and 1 sliced lemon to a medium bowl and toss to coat. Reserve.
- 5 Over low heat melt the butter in small pot, then stir in the garlic and red pepper flakes.
- 6 Let cook and bubble gently for 10 minutes. Chop the parsley and set aside.
- 7 Heat large skillet with 2 tablespoons of olive oil over medium-high heat
- 8 Add the fennel seeds and the shrimp with the lemon slices. Cook until the shrimp are pink, about 5 to 6 minutes. Stir in the white wine or vermouth and the juice of 1 lemon.
- 9 Transfer to a serving bowl and garnish with parsley before serving.
- 10 Drain the pasta.
- 11 Add the pasta, reserved cooking water and butter to a pasta bowl and toss until the liquids are absorbed by the pasta, about 1 to 2 minutes. Season with salt and pepper, to taste, and serve.

Nutrition per serving

592

KCAL

34 g

PROTEIN

22 g

FAT

63 g

CARBS

Saturated Fat	10.7 g · 67% of daily needs
Fibre	4.1 g · 17% of daily needs
Sugar	3.3 g · 4% of daily needs
Sodium	468 mg · 20% of daily needs
Cholesterol	223 mg · 74% of daily needs
Vitamin C	33.5 mg · 41% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/butter-me-up-scampi-bucatini-148581