

DINNER

Nutty Pasta Toss with Shrimp

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	2	\$3.25	436 kcal



Nutty Pasta Toss with Shrimp is a dairy free and pescatarian main course. This recipe serves 2. One serving contains 436 calories, 36g of protein, and 12g of fat. For \$3.25 per serving, this recipe covers 26% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 cups hot cooked rigatoni (about 1 1/4 cups uncooked pasta)
- ☐ 1 teaspoon dark sesame oil
- ☐ 1 tablespoon grated peeled fresh ginger
- ☐ ¼ teaspoon hot sauce
- ☐ 1 cup vertically sliced onion
- ☐ 1 teaspoon rice vinegar
- ☐ 2 tablespoons crunchy peanut butter
- ☐ 1 tablespoon minced fresh cilantro
- ☐ 1 garlic clove, minced
- ☐ 3 tablespoons low-sodium soy sauce
- ☐ ½ red bell pepper, cut into (1/4-inch) strips cut into 1/4-inch strips
- ☐ 8 ounces shrimp, peeled and deveined

☐ 1 cup bagged prewashed spinach

☐ 1 teaspoon sugar

EQUIPMENT Bowl, Frying pan, Whisk

Method

- 1 Combine first 8 ingredients in a medium bowl, stirring well with a whisk.
- 2 Heat oil in a large nonstick skillet over medium-high heat.
- 3 Add shrimp, and saut for 3 minutes or until done.
- 4 Remove shrimp from pan.
- 5 Add onion and bell pepper to pan; saut 3 minutes.
- 6 Add soy sauce mixture, shrimp, and spinach. Reduce heat to medium; cook 2 minutes or until spinach wilts.
- 7 Serve shrimp mixture over pasta.

Nutrition per serving

436
KCAL

36 g
PROTEIN

12 g
FAT

49 g
CARBS

Saturated Fat	1.9 g · 12% of daily needs
Fibre	5.7 g · 23% of daily needs
Sugar	8.8 g · 10% of daily needs
Sodium	1,108 mg · 48% of daily needs
Cholesterol	183 mg · 61% of daily needs
Vitamin C	49.3 mg · 60% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/nutty-pasta-toss-with-shrimp-148456