

SIDE DISH

Orzo and Shrimp Salad with Asparagus

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
160 min	20 min	20 min	6	\$1.32	222 kcal



Orzo and Shrimp Salad with Asparagus could be just the dairy free and pescatarian recipe you've been looking for. This recipe makes 6 servings with 222 calories, 11g of protein, and 5g of fat each. For \$1.32 per serving, this recipe covers 12% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 pound fresh asparagus, trimmed and cut into 1 inch pieces
- ☐ 1 clove garlic, minced
- ☐ 2 teaspoons honey mustard
- ☐ 2 tablespoons extra-virgin olive oil
- ☐ 6 servings salt and pepper to taste
- ☐ 2 quarts water
- ☐ 2 tablespoons minced fresh basil
- ☐ 2 green onions, chopped
- ☐ 1 tablespoon fresh lemon juice
- ☐ 8 ounces orzo pasta
- ☐ 12 extra large shrimp
- ☐ 1 tablespoon white balsamic vinegar

Method

- 1 Peel shrimp, reserving the shells. In a skillet over medium heat, cook the garlic and shrimp in 2 tablespoons of olive oil, stirring frequently to keep the garlic from browning. When shrimp are cooked through, remove from heat, cool and cut into 1/2-inch pieces.
- 2 Bring water to a boil in a Dutch oven over high heat.
- 3 Add shrimp shells, boil for 5 minutes, then strain out shells and discard. Stir in the orzo and cook for 5 minutes. Stir in the asparagus pieces and continue cooking until the pasta is al dente, about 4 minutes.
- 4 Drain into a mesh sieve, and rinse in cold water.
- 5 Toss pasta and asparagus with 2 tablespoons of olive oil, shrimp, and green onions until evenly coated. In a separate bowl, whisk the vinegar, lemon juice, mustard, and basil until incorporated.
- 6 Pour over pasta mixture and toss well; season to taste with salt and pepper. Chill for 2 hours.

Nutrition per serving			
	222	11 g	5 g
	KCAL	PROTEIN	FAT
			33 g
			CARBS
Saturated Fat			0.8 g · 5% of daily needs
Fibre			2.9 g · 12% of daily needs
Sugar			3.3 g · 4% of daily needs
Sodium			247 mg · 11% of daily needs
Cholesterol			32.2 mg · 11% of daily needs
Vitamin C			6.2 mg · 8% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/orzo-and-shrimp-salad-with-asparagus-148322