

DINNER

Pasta with Spicy Shrimp and Tomato Sauce

20 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
15 min	15 min	6	\$2.26	394 kcal



Pasta with Spicy Shrimp and Tomato Sauce might be a good recipe to expand your main course repertoire. This recipe serves 6. Watching your figure? This dairy free and pescatarian recipe has 394 calories, 27g of protein, and 4g of fat per serving.

Ingredients

- ☐ ¼ cup chopped fresh flat-leaf parsley
- ☐ 6 servings Kosher salt and black pepper
- ☐ 1 tablespoon olive oil
- ☐ 1 pound peeled and deveined shrimp
- ☐ 1 jalapeño, chopped
- ☐ 24 ounce marinara sauce
- ☐ 1 pound pasta, such as spaghetti

EQUIPMENT Frying pan

Method

- 1 Cook pasta according to the package directions. Meanwhile, season shrimp with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- 2 Heat oil in a large skillet over medium-high heat and cook the shrimp, turning once, for 2 minutes.
- 3 Add jalapeo and cook for 1 minute.
- 4 Add the sauce and parsley and cook until heated through, 2 to 3 minutes.
- 5 Serve over the pasta.

Nutrition per serving			
	394	27 g	4 g
	KCAL	PROTEIN	FAT
			63 g
			CARBS
Saturated Fat			0.7 g · 4% of daily needs
Fibre			4.3 g · 17% of daily needs
Sugar			6.2 g · 7% of daily needs
Sodium			827 mg · 36% of daily needs
Cholesterol			122 mg · 41% of daily needs
Vitamin C			14 mg · 17% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/pasta-with-spicy-shrimp-and-tomato-sauce-143912