

DINNER

Shrimp and Feta Cheese Pasta

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	15 min	15 min	5	\$3.19	595 kcal



The recipe Shrimp and Feta Cheese Pasta can be made in roughly 30 minutes. Watching your figure? This pescatarian recipe has 595 calories, 36g of protein, and 18g of fat per serving. This recipe serves 5. For \$3.19 per serving, this recipe covers 22% of your daily requirements of vitamins and minera...

Ingredients

- ☐ ½ teaspoon dried basil
- ☐ 5 cloves garlic, minced
- ☐ 1 teaspoon dried oregano
- ☐ 1 pound shrimp, peeled and deveined
- ☐ 1 tablespoon white wine
- ☐ 6 ounce package crumbled feta cheese
- ☐ 3 tablespoons olive oil
- ☐ 1 pound linguine pasta
- ☐ 2 tomatoes, chopped

EQUIPMENT Frying pan, Pot, Slotted spoon

Method

- 1 In a medium skillet over medium heat, heat 2 tablespoons olive oil. Cook shrimp, garlic and white wine for 5 minutes, or until shrimp is pink.
- 2 Remove shrimp with slotted spoon and set aside.
- 3 Bring a large pot of lightly salted water to a boil.
- 4 Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- 5 While pasta is cooking, cook tomatoes with remaining 1 tablespoon oil, oregano and basil over medium heat in wine mixture until tender, 10 minutes.
- 6 Toss hot pasta with shrimp, tomato sauce and feta. Feta will melt slightly.
- 7 Serve.

Nutrition per serving

595
KCAL

36 g
PROTEIN

18 g
FAT

72 g
CARBS

Saturated Fat	6.1 g · 38% of daily needs
Fibre	3.8 g · 15% of daily needs
Sugar	3.8 g · 4% of daily needs
Sodium	505 mg · 22% of daily needs
Cholesterol	176 mg · 59% of daily needs
Vitamin C	7.7 mg · 9% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/shrimp-and-feta-cheese-pasta-147765](https://www.whatsheate.com/shrimp-and-feta-cheese-pasta-147765)