

Recipe by Nola & Art Chester, [artchester@sbcglobal.net](mailto:artchester@sbcglobal.net), adapted from multiple sources.  
Reference: <https://artchester.net/2019/11/shrimp-scampi-recipe/>  
Serves 2, about 600 calories per serving. Prep time 15 min; cooking time 20 min; total 35 min.



## Shrimp Scampi with Linguini

### Ingredients

- 2 shallots, finely chopped
- 2 cloves garlic, peeled and minced
- 4 ounces linguini
- 2 tablespoons butter
- 2 tablespoons olive oil
- Pinch of red pepper flakes
- 8 ounces shrimp or langoustines, peeled and de-veined (20 to 25 per pound)
- Sea salt
- Freshly ground black pepper
- ¼ cup dry white wine
- Juice of ½ lemon (1 to 2 tablespoons lemon juice)
- ¼ cup Italian (flat) parsley leaves, finely chopped
- ¼ grated Parmesan cheese (for serving)

### Directions

1. Chop shallots and garlic and set aside to rest. Chop parsley leaves.
2. Bring a large pot of water to a boil. Then add the linguini. Stir to make sure the pasta separates. When the water comes back to a boil, cook for about 6 minutes, until the pasta is not quite al dente. Drain the pasta.
3. In a large skillet, melt 1 tablespoon butter with 1 tablespoon olive oil. Sauté the shallots, garlic, and red pepper flakes until the shallots are translucent, about 3 to 4 minutes.
4. Season the shrimp with salt and pepper. Add them to the pan and cook until they have turned pink, about 2 to 3 minutes. Remove the shrimp from the pan. Set aside and keep warm.
5. Add wine and lemon juice to the skillet and bring to a boil. Add the remaining 1 tablespoon butter and 1 tablespoon oil. When the butter has melted, return the shrimp to the pan along with the parsley and cooked pasta.
6. Heat and stir well, seasoning with additional salt and pepper to taste. Drizzle with additional olive oil and serve immediately, with grated Parmesan as a garnish.