

MEALTIME HELPER

MAKING MEALTIME EASY

Shrimp Scampi Linguini - Shopping List

- **Pasta**
 - 12–14 oz (340–400 g) linguini
- **Seafood**
 - 1 lb (450 g) large shrimp, peeled & deveined
- **Produce & Herbs**
 - 1 lemon (juice ≈ 3 tbsp + zest optional)
 - 4 garlic cloves
 - 2 tablespoons fresh parsley (small bunch)
- **Dairy & Fats**
 - 3 tablespoons unsalted butter
 - Olive oil (2–3 tbsp)
- **Pantry & Seasonings**
 - Kosher salt & freshly ground black pepper
 - 1/2 tsp red pepper flakes (optional)
 - 1–2 tsp capers (optional)
 - Grated Parmesan (optional, for serving)
- **Liquids / Broth / Wine**
 - 1/2 cup dry white wine (or low-sodium chicken broth)
- **Optional additions / serving**
 - Extra parsley for garnish
 - Lemon wedges (from above lemon)
 - Baby spinach or cherry tomatoes (optional add-in)

Notes:

- Reserve some pasta cooking water when you cook the linguini (you don't need to buy it).
- Adjust optional items (red pepper, capers, Parmesan) to taste.