

Creamy Marry Me Shrimp Pasta

Creamy Marry Me Shrimp Pasta is a dish made to impress. Inspired by the viral “Marry Me Chicken,” this seafood twist combines tender shrimp, a velvety Parmesan cream sauce, and perfectly cooked pasta. It’s creamy, flavorful, and easy enough for a weeknight dinner yet elegant enough for special occasions.

With simple ingredients and a one-pan approach, you can bring restaurant-quality pasta to the table in under 40 minutes.

Why It’s Called “Marry Me” Shrimp Pasta

The “Marry Me” recipe trend started with chicken, a dish so irresistible it was jokingly said to inspire marriage proposals. This shrimp version keeps the same indulgent appeal but with a lighter, coastal vibe. Shrimp cooks quickly, pairing beautifully with Parmesan and cream to create a decadent sauce that clings to pasta. The result is a meal that feels romantic, comforting, and worthy of celebration.

Me Shrimp Pasta Recipe

Creamy Marry Me Shrimp Pasta

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- Author: [Aaron recipes](#)
- Total Time: [30 minutes](#)
- Yield: [4 servings 1x](#)

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Description

Creamy Marry Me Shrimp Pasta combines tender shrimp, garlic, Parmesan, and a velvety cream sauce with pasta for a dish that feels indulgent yet easy to make.

Ingredients

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Scale

1x2x3x

- ☐ 1 pound large shrimp, peeled and deveined
 - ☐ 8 ounces pasta (spaghetti, fettuccine, or your favorite)
 - ☐ 3 tablespoons olive oil
 - ☐ 4 cloves garlic, minced
 - ☐ 1 cup heavy cream (or half-and-half)
 - ☐ 1 cup low-sodium chicken broth (or vegetable broth)
 - ☐ 1 cup grated Parmesan cheese
 - ☐ 1 teaspoon Italian seasoning
 - ☐ Salt and pepper, to taste
 - ☐ Fresh basil or parsley, chopped, for garnish
 - ☐ Cook Mode Prevent your screen from going dark
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Instructions

1. Bring a large pot of salted water to a boil. Cook pasta until al dente. Reserve 1 cup of cooking water, drain, and set aside.
2. Heat olive oil in a skillet over medium heat. Season shrimp with salt and pepper. Cook 2–3 minutes per side until pink and opaque. Remove and set aside.
3. In the same skillet, sauté garlic for 30 seconds. Add broth and cream, stirring to combine. Simmer gently.
4. Whisk in Parmesan until smooth. Stir in Italian seasoning, salt, and pepper.
5. Add pasta and shrimp back to the skillet. Toss to coat, adding pasta water as needed to adjust consistency.
6. Garnish with fresh basil or parsley. Serve hot.

Notes

For extra heat, add red pepper flakes. Use half-and-half for a lighter sauce. Pair with garlic bread and salad for a complete meal.

- Prep Time: 10 minutes
- Cook Time: 20 minutes
- Category: Dinner
- Method: Skillet
- Cuisine: Italian-American

Nutrition

- **Serving Size:** 1 plate
- **Calories:** 520
- **Sugar:** 3
- **Sodium:** 640
- **Fat:** 28
- **Saturated Fat:** 15
- **Unsaturated Fat:** 10
- **Trans Fat:** 0.3
- **Carbohydrates:** 46
- **Fiber:** 2
- **Protein:** 30
- **Cholesterol:** 190

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Key Ingredients for Creamy Marry Me Shrimp Pasta

Every ingredient in this recipe plays a role in balancing flavor and texture.

- **Shrimp:** Choose large shrimp, peeled and deveined. They cook in minutes and add sweet, briny flavor.
- **Pasta:** Spaghetti or fettuccine work best, though penne and linguine also hold sauce well.
- **Olive oil:** A base for cooking shrimp and garlic, providing richness.
- **Garlic:** Essential for depth and aroma in the sauce.
- **Heavy cream:** Creates a velvety, indulgent sauce. Half-and-half is a lighter option.
- **Chicken or vegetable broth:** Adds savory undertones to balance richness.
- **Parmesan cheese:** Provides nutty flavor and thickens the sauce naturally.
- **Italian seasoning:** A blend of herbs for classic Mediterranean flavor.
- **Fresh basil or parsley:** Brightens the dish with freshness.
- **Salt and pepper:** Key for seasoning pasta and shrimp perfectly.

Preparing Shrimp the Right Way

Cooking shrimp correctly is the foundation of this recipe. Heat olive oil in a skillet until shimmering, then add seasoned shrimp. Cook each side for 2 to 3 minutes, just until they turn pink and opaque.

Overcooking makes shrimp rubbery, so watch closely. Once done, transfer shrimp to a plate to avoid overcooking as you prepare the sauce.

Creating the Creamy Parmesan Sauce

The sauce is what makes this dish irresistible. In the same skillet used for shrimp, sauté garlic briefly until fragrant. Deglaze with chicken or vegetable broth, then stir in heavy cream. This forms the creamy base.

Gradually whisk in Parmesan cheese, letting it melt into the liquid. The cheese not only flavors the sauce but also thickens it. Italian seasoning enhances everything with herbal notes. Taste and adjust with salt and pepper.

The sauce should be rich, smooth, and flavorful enough to coat pasta evenly.

Cooking the Pasta

Boil pasta in salted water until al dente. Reserve one cup of cooking water before draining. This starchy water is the secret weapon for adjusting sauce consistency.

When pasta is ready, add it directly into the skillet with the creamy sauce. Toss well to coat, adding reserved pasta water as needed. The starch helps bind sauce to noodles, creating a silky finish.

Me Shrimp Pasta Recipe

Bringing It All Together

With sauce simmering and pasta coated, return the shrimp to the skillet. Toss everything gently to combine, letting the shrimp warm through without overcooking. The sauce thickens slightly as it clings to pasta and shrimp.

Finish with fresh basil or parsley for color and freshness. Serve hot with extra Parmesan sprinkled on top.

Serving Suggestions

This pasta feels indulgent on its own, but pairing it with sides elevates the experience.

- **Garlic bread or baguette:** Perfect for mopping up extra sauce.
- **Green salad:** Light vinaigrette balances the richness.
- **Roasted vegetables:** Broccoli, asparagus, or zucchini add variety.

For drinks, white wines like Pinot Grigio or Sauvignon Blanc pair beautifully with cream and shrimp. Non-alcoholic options like sparkling water with lemon are refreshing alternatives.

Variations to Try

One of the joys of Creamy Marry Me Shrimp Pasta is how easy it is to customize.

- **Add spice:** Red pepper flakes give a gentle heat.

- **Different proteins:** Swap shrimp for scallops, lobster, or chicken.
- **Vegetarian twist:** Skip shrimp and use mushrooms or spinach.
- **Cheese lovers:** Add mozzarella or Pecorino Romano for more depth.
- **Herb variations:** Try thyme or oregano alongside basil.

For another cozy, creamy pasta packed with flavor, check out this [Creamy French Onion Pasta](#). With caramelized onions and Gruyere, it offers a different but equally irresistible take on creamy pasta.

Tips for Success

- Always use fresh Parmesan for the smoothest melting.
- Cook shrimp just until opaque for tender results.
- Taste sauce before seasoning heavily—Parmesan is salty on its own.
- Reserve pasta water to keep the sauce silky.
- Add herbs at the end for maximum flavor.

Storage and Reheating

Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat gently on the stove with a splash of cream or milk to loosen the sauce. Avoid reheating shrimp for too long to prevent rubbery texture.

This dish is best enjoyed fresh, and freezing is not recommended due to the cream and shrimp.

Frequently Asked Questions

Can I use frozen shrimp?

Yes. Thaw completely and pat dry before cooking.

What if I don't have heavy cream?

Use half-and-half for a lighter version or whole milk for a thinner sauce.

Can I make it ahead?

Cook pasta and sauce in advance, then add shrimp just before serving for best results.

What pasta works best?

Spaghetti, fettuccine, or linguine work beautifully, but penne and rigatoni are also great.

How can I thicken the sauce more?

Let it simmer longer or add a touch more Parmesan cheese.

Conclusion

Creamy Marry Me Shrimp Pasta is a dish that combines elegance with ease. With garlic, Parmesan, cream, and shrimp, it's flavorful, indulgent, and quick enough for weeknights. Perfect for date nights or family dinners, it never fails to impress. Serve with bread, salad, or roasted vegetables, and you have a complete meal in under 40 minutes.

When you crave creamy pasta that's both comforting and refined, this recipe delivers. Add it to your weeknight rotation or save it for special occasions—you'll always have a reason to make it again.

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