

SHRIMP SCAMPI WITH ZUCCHINI NOODLES

A low-carb take on classic scampi, with garlic, lemon, and zoodles instead of pasta



INSTRUCTIONS

1. Sauté the shallot and garlic

- 1 tbsp butter
- 1 tbsp extra-virgin olive oil
- 1 shallot, finely chopped
- 4 garlic cloves, minced (about 1 1/2 tbsp)

Heat the butter and olive oil in a large skillet over medium-low heat. Add the shallot and cook until beginning to soften, about 3 minutes. Add the garlic and cook 30 seconds.

2. Cook the shrimp

- 1 lb large raw shrimp, peeled and deveined, tails on
- 1 tsp kosher salt
- 1/2 tsp red pepper flakes
- 1/4 tsp ground black pepper

Add the shrimp, salt, red pepper flakes, and black pepper. Sauté for 3 minutes, until the shrimp are beginning to cook but are still somewhat translucent.

3. Add the sauce

- 1/4 cup chicken broth
- Zest of 1/2 lemon
- 1/4 cup freshly squeezed lemon juice

Add the chicken broth, lemon zest, and lemon juice. Bring to a boil and cook for 1 minute, just until the shrimp are completely opaque and cooked through.

4. Add the noodles and finish

- 1 1/2 lbs zucchini noodles (from about 4 medium zucchini)
- 1/4 cup chopped fresh parsley leaves
- 2 tbsp freshly grated Parmesan

Stir in the zucchini noodles and parsley. Toss everything together so the noodles are coated with the garlic-lemon sauce, and heat just until warmed through. Don't overcook, or the zucchini noodles will turn mushy. Sprinkle with parsley and Parmesan. Serve warm.

NUTRITION (per serving, makes about 4 servings)

- Calories: 224
- Total Fat: 9g
- Total Carbs: 9g
- Fiber: 2g
- Net Carbs: 7g
- Protein: 27g

STORAGE

Best eaten fresh, since zucchini noodles release water and get soggy over time. If needed, keep in an airtight container in the fridge for up to 1 day.