



Palatable

Shrimp Scampi (Alt)

Ingredients

- 1 lb shrimp, peeled and deveined
- 2–3 medium zucchini, spiralized
- 3 tbsp olive oil or butter
- 4 cloves garlic, minced
- Juice of ½ lemon or lime
- Salt and black pepper, to taste
- Freshly grated Parmesan or mozzarella

Instructions

1. Spiralize the zucchini and place in a colander.
2. Sprinkle lightly with salt and let them sit for 10–15 min to draw out water. Pat dry with a paper towel.
3. In a large skillet over medium-high heat, heat 1 tbsp olive oil or butter.
4. Add shrimp, season with salt and pepper, and cook 1–2 minutes per side until pink and cooked through.
5. Remove shrimp and set aside.
6. In the same skillet, add remaining oil or butter.
7. Add garlic
8. Sauté 30 seconds.
9. Simmer 2–3 minutes to reduce slightly.
10. Stir in lemon/lime juice.
11. Add the zoodles to the pan and toss with the sauce for 2–3 minutes until just tender.
12. Return the shrimp to the pan and toss to combine.

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