

Guilt-Free Shrimp Pasta

Cook Time 15 minutes
Serves 4



Ingredients

- 1 1/2 sticks butter
- 2 TBSP olive oil
- 4 medium zucchinis
- 2 pounds shrimp
- 1 lemon thinly sliced - 4 slices
- Juice from 1 lemon
- 2 TBSP minced garlic
- 1 TBSP black pepper
- 1 TSP Cajun seasoning
- 1 TBSP medium hot sauce
- 1 TSP salt
- 1/4 cup white wine

Optional

- Chopped parsley for garnish
- Grated parmesan cheese

Instructions

Zucchini prep

1. Preheat oven to 350°.
2. Cut ends off zucchini and use tabletop veggie spiralizer to create zucchini noodles or purchase precut zucchini noodles in the produce section of the grocery store.
3. Place zucchini noodles on large nonstick cookie sheet or line with parchment paper. Sprinkle with salt.
4. Cook zucchini noodles for 15 minutes. Remove from oven and pat dry any moisture with paper towel.
Note: Zucchini noodles may also be cooked in a skillet on the stovetop.

Shrimp prep

1. Combine 1 stick of butter, olive oil and garlic in skillet and melt for 2 minutes over medium heat.
2. Add white wine and simmer for 1 minute.
3. Sprinkle Cajun seasoning over shrimp.
4. Add shrimp, lemon slices, black red pepper and hot sauce.
5. Cook and stir occasionally for 3 minutes on medium heat.
6. Remove from heat. Add additional 1/2 stick of melted butter and wine if more moisture is needed.
7. Serve over zucchini noodles.
8. Sprinkle with chopped parsley and parmesan cheese liberally over dish.

Gluten Free / Paleo / Keto / Low Carb