AMERICAN · DINNER · LUNCH

Shrimp Scampi with Zucchini Noodles

25 min · Serves 2 · 358 kcal a serve · Video 8:17 · Honeysuckle

Pescatarian · Gluten-free ingredients · No nuts listed

Shrimp give about 27 g lean protein per serve, and zucchini noodles stand in for pasta, so a generous bowl stays under 10 g net carbs, with vitamin C from the zucchini and tomato.

Diet notes: Low carb (9.5 g net carbs) but not keto: 51% of the energy is from fat, and keto meals get about 60% or more; Paleo with a swap: ghee instead of the unsalted butter, leave out the freshly grated parmesan.

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Ingredients 14 · SERVES 2

- [ ] 225 g **shrimp** (prawns), peeled and deveined
- [ ] 2 **garlic** cloves, minced, for the marinade
- [ ] 1 tbsp chopped **parsley**, for the marinade
- [ ] 1/2 tsp **kosher salt**
- [ ] **black pepper**, to taste
- [ ] 1 tbsp **olive oil**, for the marinade
- [ ] 2 **zucchini** (one per person), spiralised
- [ ] 2 tbsp **unsalted butter**
- [ ] 2 more **garlic** cloves, minced, for the sauce
- [ ] **Lemon juice**: juice of 1/2 lemon
- [ ] 80 ml **dry white wine** (such as Pinot Grigio)
- [ ] 1 **roma tomato**, chopped
- [ ] 1 tbsp chopped **parsley** for the sauce, plus extra to garnish
- [ ] **freshly grated parmesan**, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Crustacea, Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Toss the shrimp with 2 cloves of garlic, 1 tbsp parsley, the salt, pepper and olive oil and leave to marinate for 10 minutes. 0:51
2. Spiralise the zucchini and cut very long strands shorter. They can be served raw, or warmed briefly in the pan for softer noodles. 2:12
3. Melt the butter in a large skillet and cook the shrimp about 1 minute per side, just until pink and opaque. Lift them into a clean bowl. 4:14
4. Add the remaining garlic, the lemon juice and the wine to the pan and simmer for 2–3 minutes to reduce slightly. 5:08
5. Stir in the tomato and parsley, return the shrimp and cook for 1 minute more. 5:30
6. Spoon the shrimp and sauce over the zucchini noodles and finish with grated parmesan and extra parsley. 5:46

> **Tip** Serves 2 at one zucchini each (our estimate; the cook allows 1 zucchini per person). Use chicken broth instead of wine if you prefer. Dress the zoodles just before eating; they turn watery if they sit.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
358 kcal	27 g	12 g
1,500 kJ	54% of a day	9.5 g net · 6.7 g sugars
		4% of a day

FIBRE	FAT	SODIUM
2.8 g	21 g	780 mg
10% of a day	9.3 g saturated	34% of a day
	26% of a day	

Energy from net carbs 11% · protein 32% · fat 57% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 86% · Vitamin K 76% · Vitamin B12 68% · Vitamin C 59% · Vitamin B6 36% · Omega-3 29% · Zinc 23% · Vitamin A 23% · Potassium 21% · Magnesium 21% · Vitamin E 20% · Folate 20%

Source of (10–19%) Calcium 14% · Iron 11%

Recipe and video: Honeysuckle (@honeysuckle) on YouTube — youtube.com/watch?v=KrYuZLMsT4A, published 18 March 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-shrimp-scampi-zoodles