



# Shrimp scampi with noodles

## Ingredients

- 4 to 6 medium zucchini (2¼ to 2½ pounds), trimmed
- ½ teaspoon salt, divided
- 2 tablespoons butter
- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon minced garlic
- ⅓ cup dry white wine
- 1 pound raw shrimp, peeled and deveined (tails on, if preferred)
- 1 tablespoon lemon juice
- ¼ cup chopped fresh parsley
- ¼ teaspoon ground black pepper
- ¼ cup grated Parmesan cheese
- Lemon wedges, for serving

## Instructions

### Step 1: Prep the Zoodles

Use a spiralizer or vegetable peeler to cut zucchini into long, thin noodles.

Place the zoodles in a colander, sprinkle with ¼ teaspoon salt, and let them drain for 15–30 minutes. Then gently squeeze to remove excess moisture—this step helps prevent a watery sauce.

### Step 2: Cook the Shrimp

In a large skillet, heat the butter and 1 tablespoon olive oil over medium-high heat.

Add garlic and cook for 30 seconds until fragrant.

Carefully pour in the wine and bring to a simmer.

Add shrimp and cook, stirring occasionally, until they turn pink and are just cooked through, 3–4 minutes.

Remove from heat, then stir in lemon juice, parsley, pepper, and remaining ¼ teaspoon salt. Transfer shrimp and sauce to a bowl.

### Step 3: Sauté the Zoodles

In the same skillet, heat the remaining 1 tablespoon oil over medium-high.

Add the zucchini noodles and gently toss for about 3 minutes, just until warmed through.

Pour the shrimp mixture over the zoodles and toss to combine.

### Step 4: Serve

Plate the zoodles and shrimp, then top with Parmesan and a squeeze of fresh lemon juice. Serve immediately.

