



Garlic Butter Shrimp with Zucchini Noodles

Introduction

Garlic Butter Shrimp Zucchini Noodles offer a delightful twist on a classic dish. This low-carb meal combines the rich flavors of garlic butter with succulent shrimp and fresh zucchini noodles, creating a satisfying culinary experience without the extra carbohydrates. Perfect for a quick dinner or meal prep, this recipe emphasizes fresh ingredients and vibrant taste, making it a favorite for seafood and vegetable lovers alike.

Detailed Ingredients with measures

- 4 tablespoons unsalted butter, divided
- 4 cloves garlic, minced and divided
- 1 pound (3 medium-sized) zucchini, spiralized
- Kosher salt and freshly ground black pepper, to taste
- 1 shallot, minced
- 1 pound medium shrimp, peeled and deveined
- 2 teaspoons lemon zest
- 2 tablespoons chopped fresh parsley leaves

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 10 minutes

Total Time: 25 minutes

Yield: 4 servings

This vibrant dish pairs beautifully with a glass of white wine and is quick enough to become a weekly staple in your meal rotation. Enjoy the wonderful combination of flavors as you savor every bite of Garlic Butter Shrimp Zucchini Noodles.

Detailed Directions and Instructions

Prepare the Zucchini Noodles

Melt 1 tablespoon of butter in a large skillet over medium heat. Add 2 cloves of minced garlic and cook, stirring frequently, until fragrant, about 1 minute. Stir in the spiralized zucchini and cook until just tender, about 2-3 minutes. Season with salt and pepper to taste. Transfer the zucchini noodles to a plate and keep warm.

Cook the Shrimp

In the same skillet, melt the remaining 3 tablespoons of butter. Add the remaining 2 cloves of minced garlic and the minced shallot. Cook, stirring frequently, until fragrant, about 2 minutes. Add the shrimp to the skillet; season with salt and pepper to taste. Cook, stirring occasionally, until the shrimp are pink and cooked through, about 3-4 minutes. Stir in the lemon zest and chopped parsley.

See also Roasted Beets and Carrots Salad

Combine and Serve

Serve the cooked shrimp immediately over the warm zucchini noodles.

Notes

Serving Suggestions

This dish pairs well with a side salad or crusty bread for those who are not following a low-carb diet.

Storage Tips

Leftovers can be refrigerated in an airtight container for up to 2 days. Reheat gently on the stovetop.

Variations

Consider adding cherry tomatoes or spinach to the shrimp for added flavor and nutrients.

Cooking Tips

Be cautious not to overcook the zucchini noodles; they should retain some crunch. Adjust seasoning according to taste preferences.



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Cook techniques

Preparing Zucchini Noodles

Melt butter in a skillet and sauté minced garlic until fragrant. Add spiralized zucchini and cook briefly to achieve a tender, yet firm texture. Season with salt and pepper before transferring to a plate to keep warm.

Cooking Shrimp

In the same skillet, melt remaining butter and sauté garlic and shallots. This enhances the dish's flavor profile. Add shrimp, seasoning them properly, and cook until they turn pink and opaque, indicating they are cooked through.

Combining Ingredients

Once the shrimp is cooked, add lemon zest and fresh parsley for a burst of brightness. Serve the shrimp immediately over the warm zucchini noodles for a harmonious blend of flavors.

FAQ

Can I use other types of noodles instead of zucchini?

Yes, you can substitute zucchini noodles with other alternatives like spiralized carrots or whole wheat noodles, depending on your dietary preferences.

How do I know when the shrimp is cooked?

Shrimp are done when they turn pink and opaque. They should have a slight "C" shape when cooked properly.

See also Raspberry Ice Cream

Can I make this dish dairy-free?

Yes, you can replace the butter with a dairy-free alternative like olive oil or vegan butter.

What can I add for extra flavor?

For additional flavor, consider adding red pepper flakes for heat, or a splash of white wine for acidity and complexity.

Can I meal prep this dish?

While you can prepare the components in advance, it's best to combine and serve just before eating for optimal freshness.

Conclusion

This Garlic Butter Shrimp Zucchini Noodles dish is a delightful fusion of flavors, combining the sweetness of shrimp with the fresh crunch of zucchini, all enveloped in a rich garlic butter sauce. It serves as an excellent low-carb alternative to traditional pasta, making it a healthy yet satisfying meal that can be enjoyed any day of the week.

Garlic Butter Chicken Zucchini Noodles

Swap shrimp for diced chicken breast in the same garlic butter sauce for a hearty twist on this dish.

Lemon Basil Shrimp Zoodles

Add fresh basil and a splash of lemon juice for a refreshing take, perfectly complementing the shrimp and zucchini.

Spicy Shrimp Zucchini Noodles

Incorporate red pepper flakes or sriracha for a spicy kick that will elevate the flavors and add an exciting layer of heat.

Keto Pesto Shrimp Zoodles

Toss in homemade or store-bought pesto to bring a delicious herbaceous flavor to the dish while keeping it keto-friendly.

Asian-Inspired Shrimp Zoodles

Mix in soy sauce, sesame oil, and green onions for an Asian-inspired twist that adds a unique flavor profile to the meal.

Garlic Lemon Asparagus Zoodles

For added nutrition and flavor, include sautéed asparagus with the zucchini noodles, seasoned with garlic and lemon for a refreshing taste.

See also Blackened Chicken Alfredo



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