

Keto Shrimp Scampi

The Workshop
Cooking with Passion



PRE CLASS PREPARATIONS INSTRUCTIONS

Please Complete Ahead Before Clinic

1. Thaw out and dry shrimp with paper towel. Remove tails and have in a bowl or plate.
2. If you are using frozen Veggie Spirals, cook according to directions and drain all excess water by squeezing out with a paper towel or dish towel.
3. Chop all produce and have it ready to use for clinic
4. **NOTE: This meal is for 4-6 servings if you need to cut or increase your ingredients please do so before the clinic starts.**
5. Fresh Spaghetti Squash needs to be cooked and ready. (instructions are on the next page)
6. Set up ingredients for easy access during the clinic

Instructions for Fresh Spaghetti Squash

EQUIPMENT

- **Sharpe Chef Knife**
- **Cutting Board**
- **Spoon**
- **9x13 Baking Dish or Roasting Pan**
- **Fork**
- **Aluminum Foil**

INSTRUCTIONS

SPAGEHETTI SQUASH PREP

Please Cook Ahead of Time If You Are Not Using Frozen Spaghetti Squash

1. Preheat oven to 400 F (Rake should be in the middle of the oven)
2. Using a Chef Knife slice squash lengthwise from them stem to the tail. ***Note this is a little tough so work slow & use a balled to dish towel to hold steady.
3. Using a spoon scoop out the seeds & stringy bits from inside . ***Inside should be clean & smooth
4. Place squash face down in baking dish or roasting pan
5. Pour enough water to the dish or pan to cover the bottom or cover with aluminum foil.
6. Roast for 30 to 45 minuets
7. Flesh side up use fork to separate the flesh into strands. Be sure to rake horizontally to make the longest noodles.

***NOTE: If squash is smaller it will take less time so check on it at the 30 minuet mark. To check to see if the squash is done pierce a fork through the flesh down to the peel. The flesh will separate easily into spaghetti like strands. You can also taste it and if it is still crunchy return it to the oven for 15 to 20 minuets.

Equipment

- Large Skillet
- Measuring Cup
- Zester or Grater
- Chef Knife
- Spatula
- Tongs
- Serving Plates
- Roasting Pan
- Aluminum Foil
- Plate
- Measuring Cup
- Measuring Spoon
- Cutting Board
- Colander or Strainer

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Note Substitutes:

Spaghetti Squash use Zucchini Noodles

Butter use Olive Oil

Olive Oil use Sunflower Oil

White Wine use White Wine Vinegar (50/50 with water)

Recipe Serves	
	4-6
Ingredient	
Butter (optional)	4 Tbsp
Olive Oil (Sub Sunflower Oil)	4 Tbsp
Minced Garlic	2 Tbsp
Sauvignon Blanc (50/50 water and White Wine Vinegar)	1 Cup
Kosher Salt	1 Tsp
Black Pepper	1/4 Tsp
Medium Onion	1 Chopped
Red Pepper Flakes (optional)	1/2 Tsp
Large Shrimp (peeled & deveined)	2 Lbs
Chopped Parsley	1/4 Cup
Lemon Juice	4 Tbsp
Lemon Zest	2 Tsp
Cooked Spaghetti Squash (Green Giant)	6 Cups



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1. Heat 2 tbsp butter & 2 tbsp olive oil (you can omit the butter here and substitute the olive oil for sunflower oil)
 2. Add 1 chopped onion, 2 diced shallots, 2 tbsp garlic & 1/2 tsp red pepper flakes cook until onion & shallots are translucent (3-4 minutes)
 3. Season the 2 lbs of shrimp with salt and pepper then add them to the pan. Cook 3 minutes until the shrimp are opaque (pink) in color
 4. Remove shrimp to plate and tent with foil to keep them warm.
 5. Add 1 cup wine, 4 tbsp lemon juice & 2 tsp lemon zest to pan. Bring to a boil and cook for 2 minutes. (you can use white wine vinegar 50/50 with water)
 6. Add 2 tbsp butter & 2 tbsp butter to the pan. Once butter has melted add the shrimp back to the pan.
 7. Add 1/4 cup Parsley and Spaghetti Squash mix well and season with salt & pepper to taste
 8. Serve

