

A top-down view of a white plate filled with spaghetti topped with large, sautéed shrimp. The shrimp are pink and white with some browning. The dish is garnished with finely chopped green herbs. Three lemon wedges are placed at the top of the plate. A silver fork is visible on the right side of the plate. In the background, a glass of yellow liquid and a bowl of rice are partially visible.

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

Equipment

- Large Skillet
- Measuring Cup
- Zester or Grater
- Chef Knife
- Spatula
- Tongs
- Large Pot
- Plate
- Pasta Spoons
- Colander or Strainer
- Aluminum Foil
- Serving Plates
- Large Bowl
- Cutting Board

Shrimp Scampi

Note Substitutes:

Fettuccine with any pasta of your choice or eliminate

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
Shallots	2 Diced
Medium Onion	1 Chopped
Red Pepper Flakes (optional)	1/2 Tsp
Large Shrimp (peeled & deveined)	1 Lbs
Chopped Parsley	2/3 Cup
Lemon Juice (juice from 1 lemon)	4 Tbsp
Lemon Zest	2 Tsp
Fettuccine (sub any pasta you like)	1 Lbs



Instructions

1. Put a large pot of water on the stove to boil.
2. Once the water starts boiling add 2 tbsp of salt and add your pasta.
3. Stir pasta to make sure the pasta separates and cover. Cook for 8 minutes and drain the pasta
4. Heat 2 tbsp butter & 2 tbsp olive oil (you can omit the butter here and substitute the olive oil for sunflower oil)
5. 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)
6. 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
7. Remove shrimp to plate and tent with foil to keep them warm.
8. 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)
9. Add 2 tbsp butter & 2 tbsp butter to the pan. Once butter has melted add the shrimp back to the pan.



10. Add 1/4 cup Parsley and Pasta mix well and season with salt & pepper to taste
11. Serve