

SHRIMP SCAMPI WITH PALEO ZUCCHINI PASTA VARIATION



You will need:

- 1 pound shrimp, peeled and deveined
- 3 garlic cloves, minced
- 1 small red serrano chili pepper, minced
- 4 tablespoons fresh parsley plus extra for garnish
- 1/4 teaspoon lemon zest
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper or to taste
- 4 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- 2 cups of long pasta of your choice such as fettuccini or linguini (Paleo variation: replace pasta with 3 large zucchinis)

Cooking directions:

Boil water, and cook the long pasta until slightly firm or al dente, approximately 8 to 10 minutes, according to package. *Paleo variation:* Wash the zucchinis and slice them with a julienne slicer to get long noodles.

In a small bowl combine the garlic, chili, parsley, lemon zest, salt, pepper and 1 tablespoon of olive oil. Pour about half of the parsley mixture over the shrimp and gently toss to coat. Marinate for 10 minutes.

In a large skillet, heat 2 tablespoons of olive oil over medium heat. Add the shrimp along with the marinade and lemon juice to the skillet. Cook the shrimp for 3 to 4 minutes or until they have turned pink. Remove the shrimp from the skillet. In the same skillet add the remaining olive oil, remaining parsley mixture and regular or zucchini pasta and toss to combine. Cook for about one or two minutes, then add in the shrimp and toss to combine. Season to taste.

Divide between serving plates and garnish with chopped parsley. Serve warm.