



Vegetables with Shrimp and Zucchini Noodles

Recipe by physicalfoodie

Course: **Entrées**

Prep time
20 minutes

Cooking time
25 minutes

Total time
45 minutes

Spiralized vegetables is a fun way to eat or not eat pasta. It's healthy, full of nutrition and you don't have to feel guilty eating it.

Ingredients

- 2 medium sized zucchinis, spiralized
- 24 extra large shrimp, more if you would like
- 1 clove of garlic, minced
- 4 tablespoons of extra virgin olive oil
- feta cheese for sprinkling on top
- 1 cup of cherry tomatoes
- 2 tablespoons of grass fed butter, I use [Kerrygold](#).
- salt and pepper to taste
- 2 tablespoons chopped parsley
- juice from half a lemon

Directions

- 1** Heat oven to 375°F.
- 2** Clean shrimp and split open, leaving tails on.
- 3** In a small baking dish, melt and brown 2 tablespoons of grass fed butter. Remove from the dish from the oven and mix in 1 tablespoon of extra virgin olive oil, minced garlic and shrimp. Bake for about 10 minutes or until shrimp are cooked through.
- 4** When shrimp are done, remove from oven and set aside.
- 5** In another small baking dish, place cherry tomatoes and drizzle with a tablespoon of olive oil. Bake for 15-20 minutes or until they start popping.
- 6** While the shrimp and tomatoes are baking heat 2 tablespoons of olive oil in a large pan. Once oil is hot add the zucchini to the pan and sauté for 5-7 minutes. Turn off heat and set aside.
- 7** Once cherry tomatoes are done, remove from oven. I like to smash them a bit to release the juices. Mix

the tomatoes into the pan with the zucchini.

- 8** Next add in the shrimp and the sauce and mix well.
 - 9** Drizzle with lemon juice, sprinkle with fresh parsley and top with feta cheese. Add salt and pepper to taste and enjoy!
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Notes

- This dish serves two.

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