

Simple Shrimp Piccata with Zoodles

This recipe is rich in flavor, low-carb, and cooks in less than 20 minutes in just one skillet. Super fresh, light and delicious!!

Ingredients:

- 4 small, thin zucchini
- 1lb jumbo shrimp (16/20 count) peeled and deveined
- Salt, garlic salt, and pepper
- 1 lemon, cut in half
- 3 Tablespoons extra virgin olive, divided
- 2 cloves garlic, minced
- 2 Tablespoons capers
- ¼ cup freshly grated parmesan cheese



Directions:

1. Spiralize zucchini using the fattest noodle blade then add to a colander set atop a bowl. Lightly salt the zoodles, toss with your fingers to coat, then cover and place in the refrigerator for 30 minutes or up to one hour to drain. Pat or gently squeeze excess liquid from the zucchini with paper towels or a kitchen towel then set aside. (This is an important step.)
2. Pat shrimp very dry between paper towels then season both sides with garlic salt and pepper. Heat 1-1/2 Tbsp extra virgin olive oil in a large, 12"+ skillet over heat that's just a touch above medium then add half the shrimp and sauté for 2 minutes a side, or until cooked through. When shrimp have 30 seconds left to cook, drizzle in a little lemon juice then remove shrimp to a plate once the lemon juice evaporated. Heat remaining 1-1/2 Tbsp extra virgin olive oil in the skillet then sauté remaining shrimp, repeating the lemon juice step at the end.
3. Melt butter in the skillet then add garlic and sauté until fragrant, 30 seconds. Add zoodles then turn heat up slightly and sauté until crisp tender, 3-4 minutes. Add a drizzle of lemon juice, the capers, parmesan cheese, and pepper to taste, then toss to combine. Plate then top with cooked shrimp and serve.