



Low-Carb Shrimp Scampi with Spaghetti Squash

Spinach & Parsley



20-30min



2 Servings

Hold the pasta—but not the flavor! We sub in tender spaghetti squash for this classic lemony shrimp dish and shower it with fresh parsley and Parmesan. The shrimp quickly cook in a shallot-infused seafood broth before we toss in baby spinach and the long strands of squash, pre-cooked sous vide style. Buttery and light, this modern twist of an old favorite hits all the right notes in no time flat.

What we send

- 2 (8 oz) spaghetti squash
- 1 shallot
- ¼ oz fresh parsley
- ¾ oz Parmesan ⁷
- 1 lemon
- 1 pkt seafood broth concentrate ^{2,4}
- 10 oz pkg shrimp ²
- 5 oz baby spinach
- 1 pkt crushed red pepper

What you need

- kosher salt & ground pepper
- butter ⁷
- olive oil

Tools

- microplane or grater
- medium Dutch oven or pot

Allergens

Shellfish (2), Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 370kcal, Fat 17g, Carbs 27g, Protein 32g



1. Prep ingredients

Remove skin from **both spaghetti squashes** and squeeze out any excess water. Gently scrape with a fork to pull apart into thin strands.

Finely chop **shallot**. Coarsely chop **parsley**. Finely grate **Parmesan**.



2. Prep broth & shrimp

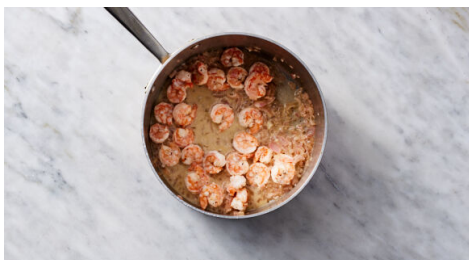
Squeeze juice from **half of the lemon** into a small bowl; cut remaining half into wedges. Stir **seafood broth concentrate** and **¼ cup water** into **lemon juice**.

Rinse **shrimp**, then pat very dry (first thaw under cool running water, if needed); season all over with **salt** and **pepper**.



3. Start scampi sauce

Heat **1 tablespoon each of butter and oil** in a medium Dutch oven or pot over medium-high. Once **butter** melts, add **shallots** and **a pinch each of salt and pepper**; cook, stirring, until fragrant, 20-30 seconds. Add **broth mixture** and bring to a boil.



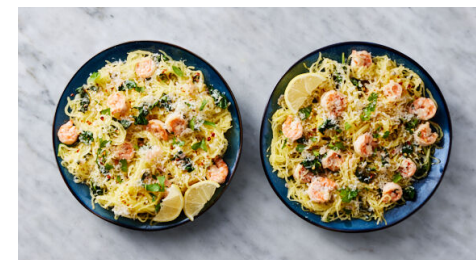
4. Cook shrimp

Add **shrimp** to pot with **scampi sauce**. Simmer over medium-high heat, stirring occasionally, until shrimp are pink and cooked through, 3-4 minutes.



5. Finish scampi

Stir **half each of the parsley and Parmesan** into skillet with **shrimp**. Add **spinach** in batches, stirring until just wilted. Add **spaghetti squash** and toss to combine until warmed through, 2-3 minutes.



6. Serve

Serve **shrimp scampi** in bowls topped with **remaining parsley and Parmesan**. Sprinkle with **crushed red pepper** and serve with **lemon wedges** for squeezing, as desired. Enjoy!