

Zucchini Noodles with Garlic Shrimp and Spinach

This low-carb dish features zoodles (zucchini noodles) tossed with garlic-infused shrimp and a vibrant mix of spinach and cherry tomatoes. It's a delicious, protein-packed meal that's quick and easy to prepare!


15 min

Total time

Easy

Difficulty

320

kcal / serving

Ingredients

- 1 medium zucchini
- 100g shrimp, peeled and deveined
- 1 cup fresh spinach
- 1/2 cup cherry tomatoes, halved
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1/2 teaspoon red pepper flakes (optional)
- Fresh basil for garnish

Steps

- 1 Spiralize the zucchini to create zoodles and set aside.
- 2 In a skillet, heat olive oil over medium heat. Add minced garlic and sauté for 1 minute until fragrant.
- 3 Add shrimp to the skillet, season with salt, pepper, and red pepper flakes. Cook for 2-3 minutes until shrimp is pink and cooked through.
- 4 Add cherry tomatoes and spinach to the skillet, cooking for another 2 minutes until spinach is wilted.
- 5 Toss in the zoodles and mix everything together for 1-2 minutes until heated through.
- 6 Serve warm, garnished with fresh basil.