AMERICAN · DINNER · LUNCH

Zucchini Noodles with Lemon Garlic Shrimp

20 min · Serves 4 · 299 kcal a serve · Video 3:29 · Downshiftology

Paleo · Gluten-free ingredients · No nuts listed

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35 g protein and under 7 g net carbs a serve, rich in selenium, vitamin B12 and vitamins K and C: shrimp with garlic, lemon and parsley tossed through zucchini noodles instead of pasta. Paleo with the ghee option; the butter or ghee puts it over the DASH saturated-fat line.

Diet notes: Low carb (6.6 g net carbs) but not keto: 41% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 11 · SERVES 4

- [ ] 4 medium **zucchini** (or 3 large), spiralized
- [ ] 680 g (680 g, about 30) **raw shrimp**, peeled and deveined
- [ ] 2 tbsp **olive oil**
- [ ] 4 **garlic** cloves, finely chopped
- [ ] 2 tbsp **butter or ghee**
- [ ] **Lemon juice**: juice of 1 lemon
- [ ] **Lemon zest**: zest of 1 lemon
- [ ] 60 ml **white wine** (or chicken broth)
- [ ] 15 g chopped **parsley**
- [ ] a pinch of **red pepper flakes**
- [ ] **salt and pepper**, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Crustacea, Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Zest and juice the lemon, finely chop the garlic and chop the parsley. Everything cooks fast, so have it ready before you start. 0:47
2. Trim the ends off the zucchini and spiralize them into noodles. 1:21
3. Heat the olive oil in a large sauté pan over medium-high heat. Add the shrimp in one flat layer, season with salt and pepper and cook about 1 minute without stirring. 1:53
4. Add the garlic and stir 1–2 minutes more, until the shrimp are pink and cooked through, then move them to a plate. 2:14
5. Add the butter or ghee, lemon juice and zest, chilli flakes and wine to the pan and simmer 2–3 minutes to reduce. 2:35
6. Stir in the parsley and the zucchini noodles and toss about a minute, just to coat and warm them. Return the shrimp, stir and serve straight away. 2:46

> **Tip** Don't cook the zucchini noodles longer than a minute or two, or they turn watery.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
299 kcal	35 g	9 g	2.3 g	14 g	560 mg
1,250 kJ	71% of a day	6.6 g net · 5.4 g sugars	8% of a day	4.9 g saturated	24% of a day
		3% of a day		17% of a day	

Energy from net carbs 9% · protein 48% · fat 43% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 124% · Vitamin B12 97% · Vitamin K 62% · Vitamin C 52% · Omega-3 36% · Vitamin B6 35% · Zinc 26% · Magnesium 22% · Vitamin E 21% · Potassium 20% · Folate 20%

Source of (10–19%) Vitamin A 18% · Calcium 11% · Iron 11%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=e_1C4EvDs2Q. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-zucchini-pasta-lemon-garlic-shrimp