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## *Shrimp Scampi with Summer Squash "Noodles"*

(Scampi recipe from Barefoot Contessa "Family Style" cookbook)

1-2 Tbs Olive Oil  
1-2 tsp Garlic Salt  
4-6 medium sized Summer Squash, spiralized  
3 tablespoons unsalted butter  
2 1/2 tablespoons good olive oil  
1 1/2 tablespoons minced garlic (4 cloves)  
1 pound large shrimp (about 16 shrimp), peeled and deveined  
1 1/2 teaspoons Kosher Salt  
1/4 teaspoon freshly ground black pepper  
1/3 cup chopped fresh parsley leaves  
1/2 lemon, zest grated  
1/4 cup freshly squeezed lemon juice (2 lemons)  
1/4 lemon, thinly sliced in half-rounds  
1/8 teaspoon hot red pepper flakes

In a large saucepan or wok, sauté squash noodles in olive oil over med-high heat until juices have been released and the "noodles" have softened. About 5 mins. Drain noodles in a colander. Season with garlic salt to taste.

Meanwhile, in another large (12-inch), heavy-bottomed pan, melt the butter and olive oil over medium-low heat. Add the garlic. Saute for 1 minute. Be careful, the garlic burns easily! Add the shrimp, 1 1/2 teaspoons of salt, and the pepper and saute until the shrimp have just turned pink, about 5 minutes, stirring often. Remove from the heat, add the parsley, lemon zest, lemon juice, lemon slices, and red pepper flakes. Toss to combine.

Return the drained squash noodles to the large wok, and immediately add the shrimp and sauce, toss well, and serve.

### *Wine Pairing Recommendation*

All of the butter and garlic in this meal are calling for a big buttery full bodied Chardonnay such as La Crema. If you're not a fan of so much oak or butter, try an Unoaked Chardonnay such as Mer Soleil Silver - it has some lemony notes that also make it a very nice pairing.