Zucchini Shrimp Alfredo

Date : 28-07-2019

Ingredients

- 5 cups spiralized zucchini
- 2 cups shrimp, washed and peeled
- 1 small red onion, chopped
- 3 cloves garlic, finely chopped
- 1/4 cup almond milk
- 1/4 cup cream cheese
- 2 tbs shredded parmesan cheese
- 1 tbs olive oil
- 1 tsp salt

Method

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1. Place zucchini in boiling water until tender, strain thoroughly and set aside
2. In a large skillet, heat olive oil over medium heat
3. Once oil is hot, add garlic, stirring frequently until golden
4. Add chopped onion and salt and saute until the onion turns translucent and slightly browns
5. Add the shrimp, and cook only until they just start to cook
6. Add the almond milk and cream cheese, and stir until well-combined, and the shrimp turn pink (be very careful not to overcook though!); remove from heat
7. Mix in the zucchini, and then transfer the ingredients from the skillet into an oven-safe dish
8. Top with parmesan cheese and place in the oven at 200 degrees (celsius) for 10-15 minutes, or until the parmesan melts and start to crisp

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