

Zoodles Scampi



Ingredients

Zoodles – 6 -8 oz
EVOO 1 Tbls
Minced Garlic – to liking
4 Tbls Butter
1 Tbls Onion powder
1 tsp red pepper flakes
1 tsp parsley
½ cup parmesan cheese
S and P
1 Tbls lemon
1 tsp sherry

Shrimp or chicken

Utensils

Sautee pan
Tongs
Measuring cups and spoons
Pot holder
Spatula or spoon



Recipe Instructions

Step 1: Cook Protein

In a sautee pan at med heat, add oil until hot and add garlic.

Cook halfway until light, add in your protein and set aside

Step 2: Make Sauce

In the same pan, melt butter, add onion powder, pepper flakes, parsley and s and p. Add lemon and cooking wine (if you like)

Once combined and lightly bubbling, add parmesan cheese

DO not burn

Step 3: Combine

Add protein and garlic/oil back to the pan and warm. Gently stir

Step 4: Add Zoodles

Place Zoodles in sauce mixture and cook until tender, approx. 5 minutes

Step 5: Plate

Place plate, let sauce drain, top with parmesan

Step 6: Finish and Enjoy!

Enjoy!!

Don't leave noodles uncooked more than a day!

Will get soggy



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Kitchen Safety Tips:

Notify anyone in the kitchen that you will be using the oven
Always use an oven mitt!