

Zoodles with Shrimp and Bacon

Dairy-Free Dishes

Source: bravoforpaleo.com/2015/04/14/paleo-noodles-with-shrimp...



SERVES:

4



PREP TIME:

20 MINS



COOKING TIME:

15 -20 MINS

A diet rich in nutrients, but low in lactose, is important to individuals with lactose intolerance. This is a vegetarian-friendly, nutritious option that can be eaten for any meal of the day.

INSTRUCTIONS

1. Cook bacon in large cast iron skillet over medium heat. Remove and drain on paper towel lined plate.
2. Remove bacon fat leaving one teaspoon in skillet. Add butter and melt.
3. Add garlic and cook for 30 seconds and then add red pepper flakes, green onions and shrimp. Season with salt and pepper, to taste, and cook for 2-3 minutes.
4. Turn the shrimp and add lemon juice and cook an additional 2 minutes. Remove shrimp with a slotted spoon.
5. Add the zucchini noodles (Zoodles) and toss to combine. Cook for 5 minutes or until tender. Return shrimp to skillet, along with basil and crumble in the bacon. Toss to combine.

INGREDIENTS

- 3-4 slices bacon
- 2-3 tablespoons butter
- 1 garlic clove, minced
- 1/2 teaspoon red pepper flakes
- 1/4 cup green onions, minced
- 12 large shrimp, peeled & deveined
- Salt and pepper
- 1/4 cup freshly squeezed lemon juice
- 2-3 medium zucchinis, peeled and spiralized
- 4-6 chopped basil leaves