

# Garlic Butter Shrimp with Spaghetti Squash

## Ingredients

1 large spaghetti squash  
1/2 stick butter  
1-2 tablespoons fresh minced garlic  
15-20 large shrimp  
32 oz. frozen broccoli  
salt, pepper, garlic, oregano, red pepper flakes  
sriracha, if desired

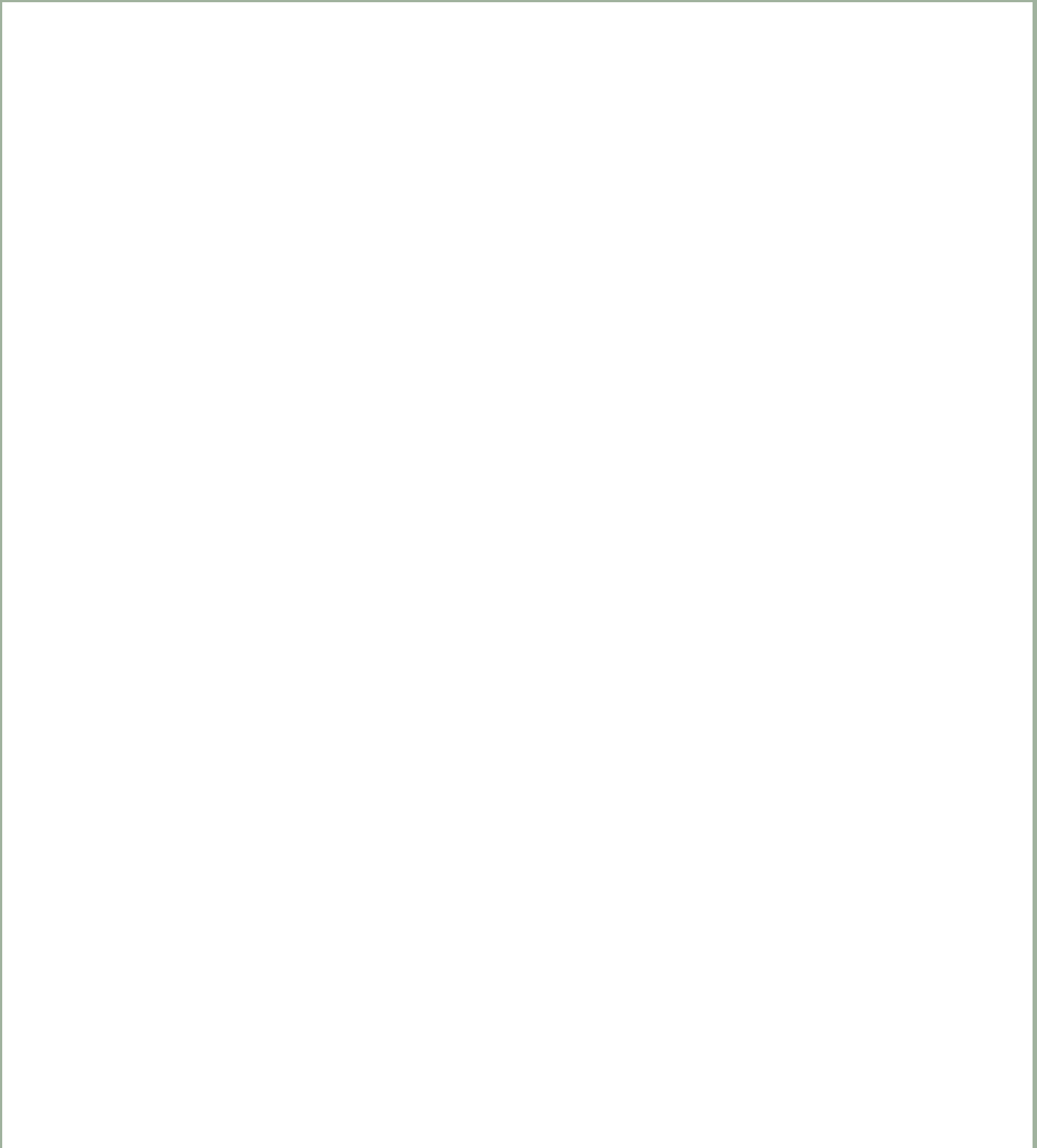
## Directions

1. Preheat oven to 425 F.
  2. Slice spaghetti squash length-wise and remove seeds.
  3. Drizzle avocado (or olive) oil over squash and lightly season with salt, pepper, and garlic.
  4. On a separate baking sheet, add frozen broccoli and drizzle with avocado oil, salt, pepper, and garlic. You can also add red pepper flakes.
- Roast both squash and broccoli for 25 minutes (might need longer if using the same oven). Squash is done when it's tender but not mushy. Broccoli is done when it's bright green and slightly charred.
6. Using a fork, remove the strands of the squash from the skin. Discard skin, and set squash aside, keeping it warm, if possible.
  7. Heat a large skillet to between medium heat. You don't want it too high or the butter and garlic will burn.
  8. Melt butter in skillet and add minced garlic.  
Once it's sizzling, add shrimp and cook until pink on both sides. This shouldn't take more than a couple minutes, so watch them carefully. Shrimp get rubbery when overcooked.
  10. Divide spaghetti squash and broccoli between four bowls.
  11. Add garlic shrimp and drizzle with butter.
  12. Top with red pepper flakes or sriracha.

Disclaimer: I am not a nutritionist and sharing this recipe does not constitute nutrition advice. Please consult a nutritional practitioner about a nutrition plan that's best for you.

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*My notes*



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