

# Red Pepper Arrabbiata Shrimp with Zucchini Noodles

Our favorite spicy pasta sauce, served up without the pasta. We're cooking with roasted zucchini noodles, sautéed shrimp and a roasted red pepper Arrabbiata sauce for a healthy low carb meal that's also incredibly delicious.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Zucchini Noodles  
Shrimp  
Onions & Garlic  
Roasted Red Pepper  
Arrabbiata Sauce

## Good to Know

**Shrimp is a good source** of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

**Health snapshot per serving** – 197 Calories, 26g Protein, 2g Fat, 1 Freestyle Point

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Shrimp, Zucchini, Red Peppers, Onion, Garlic, Tomato, Basil, Black Pepper, Red Pepper Flakes.

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### 1. Getting Organized

Pre heat oven to 400.

### 2. Cook the Zucchini Noodles

Place the **Zucchini Noodles** on a baking sheet and drizzle with olive oil and salt. Toss well and bake for 25 minutes.

When the zucchini noodles are done cooking, place them directly on serving plates.

### 3. Sauté the Shrimp

While the zucchini noodles are roasting, pat the **Shrimp** dry with a paper towel and lightly salt and pepper.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from the skillet and place on a cutting board to cool, then cut into thirds and set aside.

*Do not wipe  
out the pan,  
you'll be using  
it in Step 4.*

### 4. Create Sauce and Serve

Return the skillet to the stove over medium-high heat and add 1 Tbsp olive oil. When the oil is hot, add the **Onions & Garlic** and cook until the onions start to caramelize, about 2 minutes.

Stir in the **Roasted Red Pepper Arrabbiata Sauce**, cover and bring to a boil, then reduce the heat to low, still keeping it covered. Simmer for 5 minutes. Remove from the heat and stir the cooked shrimp into the sauce. Serve over the zucchini noodles and enjoy!

Instructions for two servings.

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