

# Pesto Shrimp Zoodles



## SHORT STORY

Our recipe begins with a zoodle—or a zucchini noodle. It's a low-calorie, gluten-free form of pasta and a game-changer for health-conscious pasta lovers. Toss in some pesto and shrimp, and you've got yourself a gourmet dinner!

**OATH & GRIND**  
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BY SUSAN HOFF

**TIME**

30 Min

**SERVES**

2 people

**COOK**

Stove

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## INGREDIENTS

- 2-3 zucchini
- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- 1/2 sweet onion, diced
- 12 large shrimp, peeled and deveined
- 1/2 cup pesto
- 1/2 lemon
- parmesan cheese (or dairy-free alternative)
- fresh basil
- salt and pepper, to taste

## INSTRUCTIONS

1. Using a spiralizer, peel the zucchini into zoodles. Place the zoodles into a strainer, sprinkle with a little salt, and let them sit for 5-10 minutes while you cook the shrimp.
2. Heat a pan over medium heat and drizzle with olive oil. Add the minced garlic and onion and allow them to sauté for about a minute, or until they turn golden.
3. Place the shrimp into the pan and sprinkle with salt and pepper. Cook for 2-3 minutes on each side—make sure they are fully cooked, or pink, when you take them off.
4. Once the shrimp are done cooking, transfer them to a plate and add the zoodles into the pan. Cook for about 2 minutes, or until the zoodles have softened slightly.
5. Spoon the pesto over the zoodles in the pan, along with some lemon, parmesan, and basil. Add the shrimp back into the pan, toss the zoodles one last time, and serve!