

Shrimp Scampi with Keto Pasta



Shrimp Scampi with Keto Pasta offers all the garlicky goodness of traditional scampi but swaps out the pasta for a low-carb version, making it an aromatic, flavorful dinner that's quick to prepare and satisfying for any seafood lover.

Ingredients for 2 serving (US/Metric)

- 4.5 *cup* Shrimp
- 3.5 *cup* Keto pasta
- 2 *pieces* Garlic Cloves
- 0.5 *cup* White wine
- Lemon juice
- 2 *tbsp* Olive oil
- 2 *tbsp* Butter
- Red pepper flakes
- Fresh parsley
- Salt & pepper to taste

Nutrition (US/Metric)

- Protein: 46%
- Fat: 45%

- **Net carbs:** 9%

Instructions

- **Cook Pasta:** Prepare keto pasta according to package instructions. Drain and set aside.
- **Cook Shrimp:** In a large skillet, heat olive oil over medium heat. Add shrimp, season with salt and pepper, and cook until pink, about 2 minutes per side. Remove shrimp and set aside.
- **Make Sauce:** In the same skillet, add butter and garlic. Sauté for 1 minute until fragrant. Pour in white wine and lemon juice, bring to a simmer.
- **Combine:** Add keto pasta to the skillet, tossing to coat in the sauce. Return shrimp to the skillet, add red pepper flakes, and toss everything together. Cook for another minute to heat through.
- **Serve:** Garnish with chopped parsley before serving.