JENNI MARIE'S TEST KITCHEN

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Classic Shrimp Scampi

Serves 2-3 People

Equipment Needed:

- **Large Non-stick Skillet**
- **Silicone Whisk**
- **Rubber Spatula**
- **2 Small Mixing Bowl**
- **Cutting Board & Sharp Chef's Knife**
- **Medium Saucepan**
- **Kitchen Scale**
- **Measuring Cups & Spoons**
- **Cheese Grater (if grating parmesan fresh)**

Directions:

1). Gather all equipment & ingredients. In a small mixing bowl, combine garlic replacer, kosher salt, black pepper, and red pepper flakes. Mix well and set seasoning blend aside. Measure out 1/2 C. of white wine or chicken broth and set aside. Squeeze lemon juice into a small bowl or ramekin and set aside. Fine chop parsley and set aside.

- ***2 t. Low FODMAP Garlic Replacer (sub w/ 1/2 t. garlic powder or 2 cloves minced garlic)***
- ***1/2 t. (2g.) Kosher Salt (more or less, to taste)***
- ***1/8 t. (1g.) Red Pepper Flakes (more or less, to desired spice level)***
- ***1/4 t. Black Pepper***
- ***1/2 C. (100ml.) Dry White Cooking Wine (sub w/ chicken broth)***
- ***2 T. (20ml.) Lemon Juice***
- ***2 T. Fresh Chopped Parsley (or 2 t. dried)***

2). In a large non-stick skillet melt butter & garlic oil over medium high heat. Whisk in seasoning mixture (or sauté minced garlic until fragrant), for about 1 minute. Add wine (or broth) and bring to a simmer for 2-3 minutes to let liquid reduce by about half. It will start to thicken, and that is a good indicator to add the shrimp to your pan.

- ***3 T. (42g.) Butter***
- ***3 T. (45ml.) Low FODMAP Garlic Oil (sub w/ regular olive oil if using fresh minced garlic)***
- ***1 lb. Large Raw Peeled & Deveined Shrimp (if using unpeeled, prep them during step one)***

3). Sauté shrimp for about 2-3 minutes or until they turn pink. Remove pan from heat, so as not to overcook the shrimp. Gently whisk in lemon juice and chopped parsley. I like to serve over al dente angel hair pasta, and garnish with freshly grated parmesan cheese. Crusty garlic bread and steamed broccoli are also great accompaniments. Enjoy!

- ***5 oz. (Uncooked) Angel Hair Pasta (cook & strain according to package directions).***
- ***1/2 oz. Shredded Parmesan for Garnish***