

THE

CrossFit

KITCHEN



### CREAMY SHRIMP ZUCCHINI

By Nick Massie

#### Overview

This recipe from Nick Massie of [PaleoNick.com](http://PaleoNick.com) will give you the satisfaction of a pasta dish—with a better balance of protein and carbs. Wild shrimp and Italian sausage are mixed with zucchini and squash noodles in a Thai-inspired sauce, then topped with sprigs of fresh basil.

#### Ingredients

- 16 oz. wild shrimp, peeled, deveined and sliced in half
- 3 oz. Italian sausage
- 2 c. tomato puree
- 1 c. light coconut milk
- 3 zucchini, rinsed and cut into noodle-like strips
- 3 yellow squashes, rinsed and cut into noodle-like strips
- 1 oz. basil chiffonade, saving two basil leaves for garnish
- 7 cloves garlic, smashed and minced
- Olive oil, as needed
- Kosher salt, to taste
- Black pepper, to taste

#### Directions:

1. Heat a cast-iron skillet over medium-high heat.
2. Add 1 tsp. of olive oil and all the garlic to the pan. Cook until the outer edges of garlic become golden brown.
3. Reduce the heat to medium-low and add the sausage to the pan, breaking it into small chunks.
4. Stir garlic and sausage together, add the zucchini and yellow squash, and fold all ingredients together. Turn heat to medium-high and continue to cook for 3-4 minutes.
5. Add the tomato puree and coconut milk and stir to incorporate. Bring to a simmer, fold in the shrimp and cook for 60 seconds.
6. Cut the heat, taste the sauce, and adjust seasoning to your liking using kosher salt and black pepper.
7. Transfer to a plate, garnish with basil leaves and enjoy!
8. You can also portion this out and refrigerate for up to 5 days or freeze for up to 6 months.

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