Shredded Zucchini Noodle Bowl



A colorful and delicious way that takes zucchini to the next level!

Timing

Prep time	Total time	Skill level
30 mins	**40 mins**	**Easy**

What You'll Need

- 2 average size zucchini, grated with a cheese grater. (Tip: to make longer strands, use a potato peeler)
- 1lb of peeled and deveined shrimp sautéed in butter
- 1 red bell pepper, medium diced
- 1 yellow bell pepper, medium diced
- 1 Roma tomato, de-seeded medium diced
- Your favorite chili or hot sauce
- 3 tbsp vegetable or olive oil
- 2 tbsp sesame oil
- 2 cloves minced or chopped garlic
- Toasted sesame seeds
- Salt and pepper to taste

Directions

1. Preheat a large skillet or wok on medium-high heat
2. Add cooking oil then sesame oil and swirl to mix
3. Add shredded zucchini, diced peppers, hot sauce, minced garlic, salt, and pepper.
4. Gently incorporate and toss all ingredients to mix well
5. Gently stir for 5 minutes or until the vegetables are cooked sufficiently.
6. Remove from skillet and place into a bowl. Top with cooked shrimp and toasted sesame seeds

Shrimp:

1. Preheat a pan or wok using 1 tsp of melted butter. Season shrimp with salt and pepper and sauté for five minutes.
2. Top zucchini with shrimp and toasted sesame seeds