



SHRIMP & MIXED VEGGIE SPAGHETTI SQUASH PASTA



“I learned how to cook the original shrimp pasta and then tweaked it with healthy ingredients. It’s perfect for a weekday night when you want something tasty and healthy! Every time when my husband and I finished it, we felt we had a gourmet dinner without feeling guilty!”

Jenny Yu, Director, Global Sustainability, Las Vegas Sands Corp.



SERVES

8

SHRIMP & MIXED VEGGIE SPAGHETTI SQUASH PASTA

Ingredients

- Olive Oil | 3 tablespoons
- Spaghetti Squash | 1
- Garlic Clove | 1, finely chopped
- Cabbage | ½, thinly sliced into squares
- Shrimps | 1 pound (lb), shell less
- Zucchini | 2, thinly sliced to ¼ inch
- Roma Tomatoes | 4, sliced
- Parsley | 1½ teaspoons
- Pepper Flakes | 1½ teaspoons
- Salt | ½ teaspoon
- Chicken Broth | 5 cups



Method

- 1 Poke squash 8-10 times with sharp knife or fork. Microwave for 10-12 minutes (turning at half time). Let it stand for 5 minutes.
- 2 Slice squash in half lengthwise. Scoop out seeds with fork. Scoop out strands and place in a bowl.
- 3 Heat one tablespoon of olive oil in a skillet over high heat. Add shrimps, garlic, ½ teaspoon of parsley, ½ teaspoon of pepper flakes and a pinch of salt.
- 4 Stir until shrimps begin to turn pink (approx. 2 minutes.) You can add more or less seasoning based on your preference. Place shrimps - which will be 70-80% cooked - in a spare bowl.
- 5 Heat 2 tablespoons olive oil in a large skillet over high heat. Add cabbage, zucchini, teaspoons of parsley and pepper flakes and a pinch of salt. Reduce heat to medium-high, cook for 2 minutes.
- 6 Add tomatoes and stir. Add 5 cups of chicken broth and simmer. When tomatoes are soft, add squash and shrimps, stir until shrimp is completely cooked.

