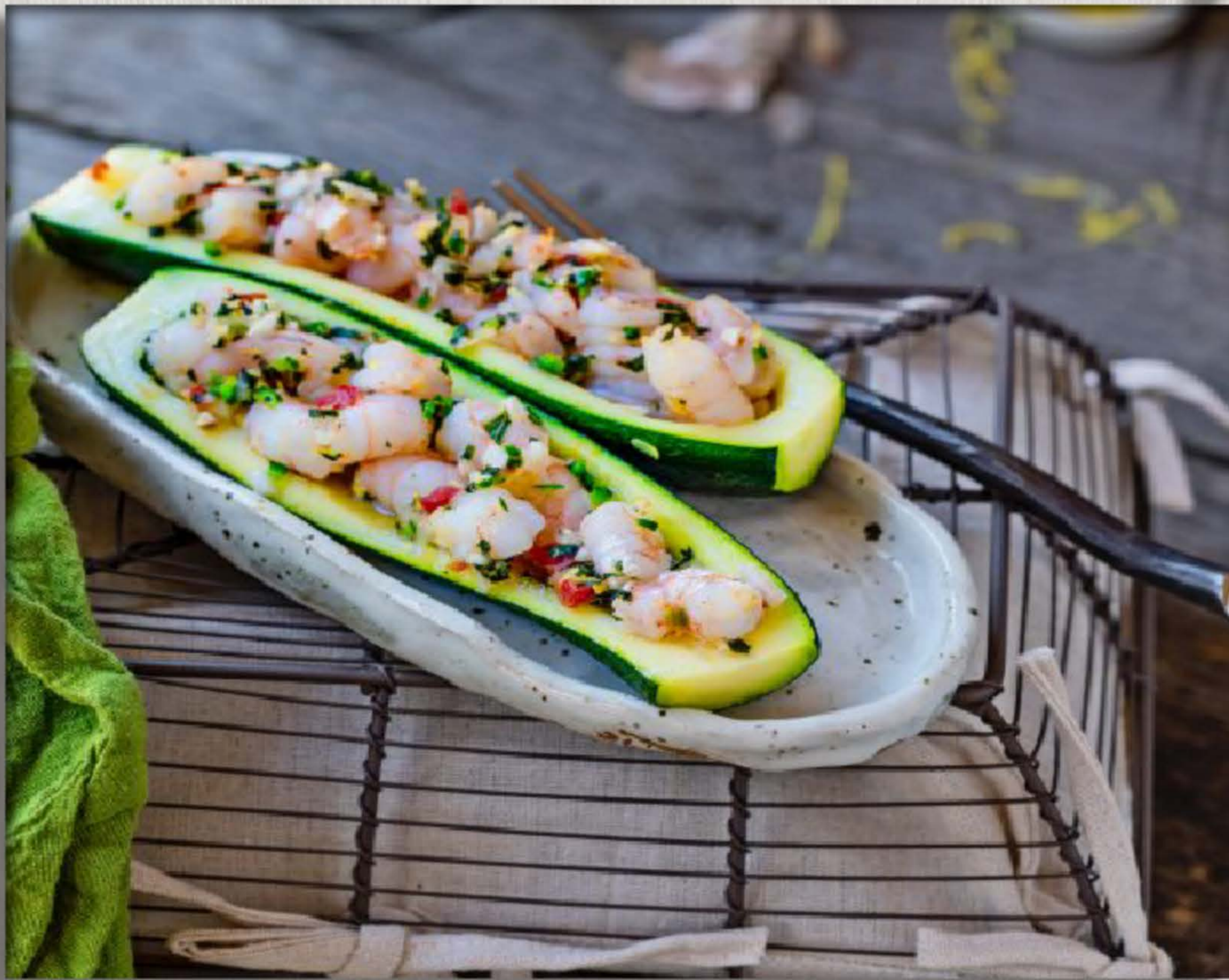


# BASIL SHRIMP ZUCCHINI BOATS



## Time

30 minutes

## Serves

2

## Calories (per serving)

189

## Carbs (per serving)

12g

## Fat (per serving)

5g

## Protein (per serving)

23g

## Ingredients

- 7 oz shrimp (200g) peeled and deveined
- 2 zucchini medium sized
- 2 tsp minced garlic cloves
- 1/2 tsp salt
- 1 tbsp fresh basil chopped
- 1 tsp coconut oil (optional)
- 2 tbsp white onion (diced)
- 2 tbsp canned diced tomatoes
- 1/2 tsp lemon zest freshly grated
- 2 tsp jalapeño (minced)

## Method

In a large bowl filled with cold water, soak zucchini for 20 minutes. Drain and rinse.

Bring a large pot of water to a boil. Add zucchini to boiling water and once the water begins to boil again, set aside to cool.

Trim off the ends of the zucchini and cut in half lengthwise. Scoop out the insides without cutting the skin, leaving a 1/4-inch thick wall on all sides.

Preheat the oven to 450 degrees F (220 degrees C).

Chop shrimp into pea-sized pieces. Add to a large bowl with the garlic, basil, salt, 1/2 tsp coconut oil, white onion, diced tomatoes, lemon zest, and jalapeno.

Grease a shallow baking pan with 1/4 tsp coconut oil.

Add the zucchini boats to the pan and brush them with the remaining 1/4 tsp coconut oil.

Stuff the zucchini with the shrimp mixture until heaping.

Bake for 7 to 8 minutes.

Remove from oven and rest 5 minutes before serving.