

Instapot Shrimp Scampi

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients:

2 tablespoons unsalted butter

2 tablespoons EVOO

1 bulb thinly sliced fennel or 1 red bell pepper sliced in ¼ pieces

5 cloves garlic minced

¼ cup dry white wine or chicken or vegetable stock

¼ teaspoon crushed red pepper flakes

Freshly ground black pepper to taste

2 pounds large shrimp shelled and deveined

8 ounces of Durham wheat spaghetti pasta, broken in half

1 large zucchini prepped for zucchini noodles or 8 oz prepared zucchini noodles

1. Using the sauté function, melt butter and oil in pressure cooker. Stir zucchini noodles, bell pepper and garlic until fragrant about 1 minute. Remove bell pepper and zucchini to prevent over cooking. Stir in wine, salt, red pepper flakes and black pepper and simmer until wine reduced by half.
2. Stir in the shrimp and cook until just pink but not fully cooked, about 1 minute. Transfer to bowl with bell pepper and reserve.
3. Pour the liquid into a large heat proof measuring cup and then add enough water to measure 1 ½ cups. Return the liquid to pot, stir in the pasta, add drizzle of olive oil and pink of kosher salt. Toss very well to coat the pasta with the sauce and separate strands by hand to prevent sticking.
4. Cover and cook on high pressure for 6 minutes. Release the pressure manually. Stir in the reserved shrimp, fennel or bell pepper, and zucchini noodles and any accumulated juices. Cover and let sit for 5 minutes to finish cooking.

Tip: this recipe calls for ½ zucchini noodles and half Duram wheat pasta. Depending on your fitness/diet goals you can adjust as necessary.