



## SHRIMP PAD THAI (GRAIN FREE)

Yield: 6-8 servings

### Ingredients:

- ❖ (1) 4 lb spaghetti squash
- ❖ 1 teaspoon coconut oil (melted or spray)
- ❖ ½ cup cilantro, finely chopped
- ❖ 1 large carrot, grated
- ❖ 2 medium scallions, thinly sliced

### Sauce:

- ❖ 1 tablespoon ginger root, grated
- ❖ ½ teaspoon garlic, minced
- ❖ 2 tablespoons tamari
- ❖ 1 tablespoon Thai fish sauce
- ❖ 1 ½ tablespoons organic peanut butter
- ❖ 1 tablespoon maple syrup
- ❖ 1 tablespoon fresh squeezed lime juice
- ❖ 3 tablespoons water (more or less to desired consistency)



### To Cook Shrimp:

- ❖ 2 teaspoons coconut oil
- ❖ 1 teaspoon garlic, minced
- ❖ 1 lb raw shrimp, peeled

### Procedure:

1. Preheat oven to 375 degrees. Cut spaghetti squash in half and scoop out seeds. Spray cut open halves with coconut oil. Season with salt and pepper. Place on a baking sheet and roast for 45 minutes to an hour until fork tender. Allow to cool.
2. While squash is baking, make the sauce. Combine all ingredients in a blender or mini food processor until liquefied. Set aside.
3. To cook the shrimp: In a medium sauté pan, heat coconut oil over medium heat, add garlic and shrimp and cook until shrimp is no longer translucent (approx. 3-4 minutes). Remove from heat and set aside.
4. When the squash is cool enough to handle, gently scrape squash with a fork to remove flesh in long strands and transfer to sauté pan with shrimp.
5. Toss spaghetti squash and shrimp lightly. Pour the sauce along with cilantro, carrots and scallions. Mix well and serve immediately.