

Shrimp Fra Diavolo



Plan Z Phase: This is a Z3 (ZReboot) recipe. If you leave out the zucchini and eat this like a stew and leave off the Parmesan, it qualifies for a Z2 (ZReduction) recipe.

This is a traditional Italian Dish that is known for spice. It's also usually served over pasta so you'll see that this one can be served as a stew in a bowl or over sautéed zucchini noodles. You'll never miss the pasta. I have given you a range for adding the heat so what I'd recommend is you start on the lower side of the scale, taste it after it's been cooking for a bit and crank up the heat later or even after you serve it. That way everyone gets custom heat in their dish.

Serves: 2 and can be doubled easily

Ingredients:

- 1 tsp of avocado oil (avocado oil has a very high smoke point so it's good for cooking at high heats)
- 1 medium Vidalia onion, chopped
- 3 cloves of minced garlic
- up to 1 tsp of cracked pepper flakes. I'd start with $\frac{1}{2}$ tsp and taste later.
- 5 ripe, plum tomatoes, chopped

- 1 Tbl of minced Italian parsley
- $\frac{1}{2}$ tsp of black pepper
- a good grate of sea salt
- 1 cup of water
- $\frac{3}{4}$ lb of cooked, medium shrimp-peeled and deveined (You can also use uncooked shrimp. You just have to cook them longer in the pan.) I use 30-41 count shrimp for this dish. Remove tails.
- a dusting of grated Parmesan cheese

Instructions:

In a large sauce pan, add the oil and heat it. Add the onion and cook for a few minutes, on medium high to loosen up the onion. Stir often so it doesn't stick. Then add everything else except the shrimp.

Cook on a medium bubble for 10 minutes to meld the flavors.

Add the shrimp. If they are cooked, you only need to get them heated. If they are raw you'll need to cook them in the sauce for 4 – 5 minutes depending on how large they are.

When the shrimp are done you are ready to plate. I served over zucchini noodles.

Enjoy!

Cheers,