



Paleo Shrimp Chow Mein

Ingredient List for the shrimp:

- 1 pound wild-caught shrimp (approx. 16 each), peeled and deveined
- 2 tablespoons fresh ginger, finely chopped
- 4 cloves garlic, smashed and finely chopped
- 1 tablespoon white vinegar
- 1 tablespoon tamari or coconut aminos
- olive oil, as needed
- kosher salt, to taste

Ingredient List for Chow Mein Veggies

- 6 mushrooms, sliced
- 1/3 each red, orange and yellow bell pepper, thinly sliced
- 1 can water chestnuts
- Spaghetti squash, pre-cooked and removed from skin by shredding with a fork
- 1 bag bean sprouts
- 10 snow peas, woody stem removed, julienne

- **Scallions, ABC, as garnish**
- **1 tablespoons white vinegar**
- **1 tablespoons tamari or coconut aminos**
- **Water, as needed**
- **Sambal, as desired for your heat level**

Preparation Instructions:

1. Heat a large cast-iron skillet over medium-high heat and add olive oil.
2. Place ginger and garlic into the skillet and stir. Allow to toast for approx. one minute.
3. Season top side of shrimp with kosher salt and add to the skillet with ginger and garlic. Add one tablespoon each vinegar and tamari, stir all ingredients together, cooking for another minute. Add some water to the skillet to de-glaze the pan. Remove the mixture from the pan into a small bowl and set aside.
4. Place skillet back onto the burner and add another squirt of olive oil. Add snow peas, bell peppers, and mushrooms with a pinch of kosher salt. Cook for 60-90 seconds.
5. Add water chestnuts to the veggie mix and stir. Add pre-cooked spaghetti squash, vinegar and tamari and stir to incorporate and warm everything through.
6. Place shrimp mixture back into the skillet. Add bean sprouts and sambal (to your liking) and stir one last time. Cut the heat.
7. Portion out into serving dishes, top with more sambal (if desired) and garnish with scallions. Voila!

“Keep It Paleo!”