



Kohlrabi “Linguine” with Garlic Lemon Butter Shrimp

Servings
8

Calories
120

Prep Time
20 minutes

Total Time
55 minutes

Skill Level
Easy

Ingredients

- 1 (10 ounce) bag Mann’s Kohlrabi “Linguine”
- 3 tablespoons unsalted butter
- 2 ½ tablespoons extra virgin olive oil
- 1 ½ tablespoons minced garlic
- 1 pound large shrimp (about 16 shrimp), peeled and deveined
- ¼ cup freshly squeezed lemon juice
- ⅛ teaspoon hot red pepper flakes
- parsley, for garnish



The Method

Steam the Kohlrabi “Linguine” according to the instructions on the bag.

In a skillet pan, melt the butter and olive oil over medium-low heat. Add the garlic and sauté for 1 minute or until lightly browned. Add the shrimp and sauté until it turns pink, about 5 minutes, stirring often. Remove from the heat, add lemon juice, red pepper flakes and Kohlrabi “Linguine.”

Toss to combine and garnish with chopped parsley.

Recipe Provided by The Produce Moms.

Nutrition Facts

Serving Size 225g | Servings: 4

Amount Per Serving

Calories 280 | Total Fat 19g (sat fat 7g trans 0g) | Cholesterol 165mg | Sodium 660mg | Total Carbohydrate 7g | Dietary Fiber 3g | Sugars 2g (Includes 0g Added Sugars) | Protein 17g | Vitamin D 0% | Calcium 6% | Iron 6% | Potassium 8%