



# Ashley's Meal Prep Monday!



## Air Fryer Shrimp & Butternut Squash

### INGREDIENTS

#### Shrimp:

2 TBSP avocado oil  
1 TSP garlic powder  
1 TSP sweet paprika  
1 TSP dried parsley  
1/4 TSP salt  
32 jumbo peeled/deveined shrimp  
lemon wedges for serving

#### Squash:

1 butternut squash cubed  
1 TBSP avocado oil  
1 TSP garlic powder  
salt/pepper to taste



Shrimp: Mix oil with spices in a medium bowl. Add the shrimp and mix well so shrimp is coated with seasoning on both sides. Arrange shrimp in the air fryer basket in a single layer, and in batches as needed. Air fry for 6 minutes at 400 - shaking the basket halfway through cooking. Serve with lemon wedges.

Squash: Peel butternut squash skin. Use a sharp knife and cut squash lengthwise and remove seeds. Cut into cubes and place into a medium mixing bowl. Toss with oil and seasonings. Once coated, in a single layer, pour squash pieces into the air fryer basket. Air fry at 400 for 18 minutes - shaking halfway through. Season with salt/pepper and fresh parsley

Recipes: @airfryingfoodie.com and @skinnytaste.com

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