Plate Dream

# Grilled Shrimp Bowl With Creamy Garlic Sauce

Grilled shrimp tossed in a creamy garlic sauce, served over crisp veggies and fluffy rice for a satisfying,

| 15 min | 15 min | 30 min | 4 | Easy | Mediterranean |
|---|---|---|---|---|---|
| Prep time | Cook time | Total time | Servings | Difficulty | Cuisine |

## Ingredients

### Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 tbsp olive oil
- [ ] 1 tsp sea salt
- [ ] ½ tsp black pepper
- [ ] 1 cup cooked jasmine rice
- [ ] 1 cup mixed baby greens

### Creamy Garlic Sauce

- [ ] ½ cup Greek yogurt
- [ ] 2 tbsp unsalted butter, melted
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp honey
- [ ] Zest of 1 lemon
- [ ] ¼ tsp smoked paprika

## Instructions

1. Pat the shrimp dry, then toss with olive oil, salt, and pepper in a shallow bowl.
2. Preheat a grill pan over medium-high heat; place shrimp in a single layer and grill 2-3 minutes per side until pink and lightly charred.
3. While shrimp cook, whisk together yogurt, melted butter, minced garlic, honey, lemon zest, and smoked paprika in a small saucepan.
4. Reduce heat to low and stir the sauce gently until it thickens and becomes glossy, about 3-4 minutes.
5. Arrange cooked rice in four bowls, top with greens, then place grilled shrimp over the bed.
6. Drizzle the warm creamy garlic sauce over each bowl, garnish with a sprinkle of paprika and a few extra lemon zest.

### Nutrition per serving

| 320 kcal | 30 g | 28 g | 12 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If you prefer a spicier kick, add a pinch of red-pepper flakes to the sauce.
- For a low-carb version, swap rice for cauliflower rice.
- Serve with a wedge of lemon for an extra burst of brightness.