

Plate Dream

High-Protein Honey Garlic Shrimp

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Asian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 tbsp honey
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp soy sauce (low-sodium)
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp red pepper flakes (optional)
- [ ] 2 tbsp olive oil
- [ ] Fresh parsley, chopped for garnish

Instructions

1. Pat the shrimp dry with paper towels; season lightly with salt and pepper.
2. Heat olive oil in a large skillet over medium-high heat. Add minced garlic and sauté for 30 seconds until fragrant.
3. Stir in honey, soy sauce, and red pepper flakes. Let the mixture bubble gently, stirring until it thickens, about 2 minutes.
4. Add the shrimp in a single layer. Cook 2-3 minutes per side until pink and opaque, turning once.
5. Finish with a squeeze of lemon juice, toss to coat, and garnish with chopped parsley before serving.

Nutrition per serving

280 kcal	30 g	18 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the glaze thickens too quickly, add a splash of water or extra lemon juice.
- For extra crunch, sprinkle toasted sesame seeds just before serving.
- Adjust honey to your desired level of sweetness; start with less and add more if needed.