

Plate Dream

Honey Garlic Shrimp Bowls – Irresistible Easy Dinner

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

Ingredients

Main Ingredients

- [ ] 1 lb raw shrimp, peeled and deveined
- [ ] 2 cups cooked rice or quinoa
- [ ] 1 cup broccoli florets
- [ ] 1 cup sliced carrots
- [ ] 1 tbsp sesame oil

For the Sauce

- [ ] 3 tbsp honey
- [ ] 2 tbsp low-sodium soy sauce
- [ ] 1 tbsp rice vinegar
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp grated ginger (optional)
- [ ] Pinch red pepper flakes (optional)

Instructions

1. Pat the shrimp dry with paper towels; this helps the glaze stick and prevents steaming.
2. Heat a large skillet over medium-high heat, add a drizzle of oil and sear the shrimp for 2-3 minutes per side until pink.
3. In a small bowl, whisk honey, soy sauce, rice vinegar, minced garlic, and ginger. Pour over the shrimp and let it bubble, coating the shrimp evenly.
4. Add broccoli and carrots; sauté for another 3-4 minutes until vegetables are just tender but still crisp.
5. Stir in sesame oil and a pinch of red pepper flakes if you like heat. Remove from heat.
6. Divide cooked rice into four bowls, top with the honey-garlic shrimp and vegetables. Garnish with sliced green onions or toasted sesame seeds.

Nutrition per serving

420 kcal	30 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crunch, sprinkle toasted almonds or cashews on top.
- If you prefer a thinner sauce, add a splash of water or chicken broth.
- The dish pairs nicely with a side of kimchi for bright acidity.