

Plate Dream

Lemon Garlic Shrimp and Asparagus

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 1 bunch asparagus, trimmed and cut into 2-inch pieces
- [ ] 3 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1 lemon, zested and juiced
- [ ] 1/4 tsp red pepper flakes
- [ ] Salt and black pepper to taste
- [ ] 2 tbsp fresh parsley, chopped

Instructions

1. Pat the shrimp dry with paper towels; season lightly with salt and pepper.
2. Heat 2 tbsp olive oil in a large skillet over medium-high heat. Add shrimp in a single layer and sear 2 minutes per side until pink. Remove shrimp and set aside.
3. In the same skillet, add the remaining 1 tbsp oil, then toss in the asparagus. Sauté 3-4 minutes until just tender-crisp.
4. Add minced garlic and red pepper flakes; cook 30 seconds until fragrant, being careful not to burn.
5. Return shrimp to the pan, pour in lemon juice, and sprinkle lemon zest. Toss everything together for another minute so flavors meld.
6. Finish with chopped parsley, adjust seasoning, and serve immediately.

Nutrition per serving

280 kcal	34 g	8 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a richer sauce, whisk in a tablespoon of butter at the end.
- For extra brightness, add a pinch of lemon zest just before plating.
- Serve over quinoa or cauliflower rice for a heartier meal.