

Choco Fever Dream

High-Protein Honey Garlic Shrimp

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

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1/4 tsp red pepper flakes (optional)

For the Glaze

- [ ] 3 tbsp honey
- [ ] 2 tbsp low-sodium soy sauce
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tsp toasted sesame oil (optional for depth)

Instructions

1. Pat the shrimp dry with paper towels; this helps the glaze cling and prevents steaming.
2. Heat olive oil in a large skillet over medium-high heat. Add minced garlic and red pepper flakes, sauté for 30 seconds until fragrant.
3. Stir in honey, soy sauce, and lemon juice. Let the mixture bubble gently, stirring until it thickens slightly, about 2 minutes.
4. Add the shrimp in a single layer. Cook 2-3 minutes per side, tossing to coat each piece in the glossy glaze.
5. When the shrimp turn pink and opaque, drizzle sesame oil if using, and give a final quick stir.
6. Transfer to a serving dish, garnish with a sprinkle of extra red pepper flakes or chopped green onions if desired.

Nutrition per serving

280 kcal	30 g	22 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not overcrowd the pan; work in batches if necessary.
- If the glaze thickens too quickly, add a splash of water or broth.
- For extra crunch, finish with toasted sesame seeds.