

Choco Fever Dream

# Honey Garlic Shrimp Bowls – Quick & Easy Recipe

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| **10 min**<br>Prep time | **15 min**<br>Cook time | **25 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Asian**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 cups cooked brown rice
- [ ] 1 tablespoon olive oil

### For the Sauce

- [ ] 3 tbsp honey
- [ ] 2 tbsp soy sauce (or tamari for GF)
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp lime juice
- [ ] 1/2 tsp red pepper flakes (optional)
- [ ] 1 tsp sesame oil

## Instructions

1. Heat olive oil in a large skillet over medium-high heat; add the minced garlic and sauté until fragrant, about 30 seconds.
2. Stir in honey, soy sauce, and red pepper flakes; let the mixture bubble gently, stirring until it begins to thicken, roughly 2 minutes.
3. Add the shrimp to the pan in a single layer. Cook, turning once, until they turn pink and opaque, about 3-4 minutes.
4. Finish with lime juice and sesame oil; toss to coat. Serve the shrimp over warm brown rice, garnished with scallions or cilantro if desired.

### Nutrition per serving

| 420 kcal | 28 g | 45 g | 9 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- Do not overcook the shrimp; they become rubbery quickly.
- If the sauce thickens too fast, add a splash of water to loosen.
- For extra crunch, sprinkle toasted sesame seeds just before serving.