

Choco Fever Dream

Lemon Garlic Shrimp and Asparagus – 20-Minute Meal

5 min Prep time	**15 min** Cook time	**20 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
- [ ] 2 tbsp unsalted butter
- [ ] 1 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] Juice of 1 lemon
- [ ] Zest of 1 lemon
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tbsp chopped fresh parsley

Instructions

1. Pat the shrimp dry with paper towels; this helps them sear nicely.
2. Heat butter and olive oil in a large skillet over medium-high heat. Add the garlic and sauté for 30 seconds until fragrant.
3. Add the shrimp in a single layer, season with salt and pepper, and cook 2-3 minutes per side until pink and just opaque.
4. Push the shrimp to the side, add the asparagus, and stir-fry for 3-4 minutes until bright green and tender-crisp.
5. Stir in lemon juice, lemon zest, and parsley; toss everything together for another minute.
6. Serve immediately, perhaps with a side of rice or crusty bread. garlic butter salmon fans often enjoy this bright flavor combo.

Nutrition per serving

280 kcal	35 g	6 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not overcook the shrimp; they become rubbery quickly.
- If using frozen asparagus, thaw and pat dry first.
- A pinch of red-pepper flakes adds a gentle heat without overwhelming the lemon.