

Helergon Kitchen

High-Protein Honey Garlic Shrimp

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**Asian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 tbsp honey
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp low-sodium soy sauce
- [ ] 1 tbsp olive oil
- [ ] 1 tsp lemon juice
- [ ] ½ tsp red pepper flakes (optional)
- [ ] Salt and pepper to taste

Optional Garnish

- [ ] Chopped fresh parsley
- [ ] Lime wedges

Instructions

1. Pat the shrimp dry with paper towels; season lightly with salt and pepper.
2. Heat olive oil in a large skillet over medium-high heat. Add minced garlic and sauté for 30 seconds until fragrant.
3. Stir in honey and soy sauce, letting the mixture bubble gently for 1-2 minutes.
4. Add the shrimp to the pan, spreading them in a single layer. Cook for 2-3 minutes each side until pink and opaque.
5. Splash in lemon juice and sprinkle red pepper flakes; toss to coat the shrimp in the glossy glaze.
6. Remove from heat, garnish with chopped parsley and lime wedges, and serve immediately.

Nutrition per serving

260 kcal	28 g	18 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce gets too thick, add a splash of water to loosen.
- For extra crunch, toss in toasted sesame seeds just before serving.
- Pair with a simple side like steamed rice or quinoa to soak up the glaze.