

Helergon Kitchen

Honey Garlic Shrimp Bowls – Easy Weeknight Dinner

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Asian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb shrimp, peeled and deveined
- [ ] 1 cup jasmine rice
- [ ] 2 tbsp honey
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp low-sodium soy sauce
- [ ] 1 tsp lime juice
- [ ] 1 tbsp olive oil
- [ ] 1 tsp sesame oil
- [ ] 2 green onions, sliced
- [ ] 1 cup broccoli florets

For the Garnish

- [ ] 1 tsp sesame seeds
- [ ] Fresh cilantro leaves (optional)

Instructions

1. Cook rice according to package directions; set aside and keep warm.
2. In a large skillet, heat olive oil over medium-high heat. Add minced garlic and sauté for 30 seconds until fragrant.
3. Stir in honey, soy sauce, and lime juice; let the mixture bubble gently for 1 minute.
4. Add shrimp to the pan, tossing to coat. Cook 2-3 minutes per side until shrimp turn pink and glossy.
5. Drizzle sesame oil, sprinkle green onions and sesame seeds; give everything a quick stir.
6. Divide rice into bowls, top with shrimp and sauce, and arrange broccoli around the edge. Finish with cilantro if using.

Nutrition per serving

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

Tips & notes

- If the sauce thickens too quickly, add a splash of water or extra lime juice.
- For extra crunch, toss the broccoli in the pan for the last 2 minutes.
- A pinch of red pepper flakes adds a subtle heat without overpowering the sweetness.