

Helergon Kitchen

# Lemon Garlic Shrimp and Asparagus – 20-Minute Dinner

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| **10 min**<br>Prep time | **10 min**<br>Cook time | **20 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Mediterranean**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 1 bunch fresh asparagus, trimmed and cut into 2-inch pieces
- [ ] 2 tbsp olive oil
- [ ] 3 garlic cloves, minced
- [ ] Juice of 1 lemon
- [ ] Zest of 1 lemon
- [ ] ¼ tsp red pepper flakes (optional)
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tsp fresh parsley, chopped (for garnish)

## Instructions

1. Pat the shrimp dry with paper towels, then toss them with 1 tablespoon olive oil, a pinch of salt, and pepper.
2. Heat the remaining tablespoon of oil in a large skillet over medium-high heat. Add the shrimp in a single layer; let them sear without moving for about 2 minutes.
3. Flip the shrimp, add minced garlic, and cook for another minute until fragrant, being careful not to burn the garlic.
4. Add the asparagus pieces, stir-fry for 2-3 minutes so they stay bright-green and still crisp.
5. Stir in lemon juice, zest, and red pepper flakes; toss everything together for 30 seconds until the sauce coats the shrimp and asparagus.
6. Remove from heat, sprinkle with fresh parsley, and serve immediately.

### Nutrition per serving

| 280 kcal | 32 g | 8 g | 10 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If you prefer a richer sauce, finish with a knob of butter before serving.
- A squeeze of extra lemon just before plating can brighten the dish even more.
- Be careful not to overcook the shrimp; they turn opaque and firm when done.