

Zucchini Bread Recipes

Grilled Shrimp Bowl with Creamy Garlic Sauce

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 cups cooked jasmine rice (or cauliflower rice)
- [ ] 1 cup mixed bell peppers, sliced
- [ ] 1 small cucumber, diced
- [ ] 1 carrot, shredded
- [ ] 2 tbsp olive oil

Creamy Garlic Sauce

- [ ] 1 cup Greek yogurt
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp lime zest
- [ ] 1 tsp honey
- [ ] Salt and pepper to taste

Optional Garnish

- [ ] Fresh cilantro, chopped
- [ ] Lime wedges
- [ ] Sesame seeds

Instructions

1. Pat the shrimp dry, drizzle with olive oil, season with salt and pepper, and set aside.



2. Heat a grill pan over medium-high heat; place shrimp and grill 2-3 minutes per side until pink and lightly charred.



3. While shrimp cooks, whisk together Greek yogurt, minced garlic, lemon juice, lime zest, honey, salt and pepper in a bowl; keep chilled.



4. Assemble bowls: layer rice, scatter sliced peppers, cucumber, and carrot, then arrange grilled shrimp on top.

5 Drizzle the creamy garlic sauce over each bowl, garnish with cilantro, lime wedges, and sesame seeds, then serve immediately.



Nutrition per serving

420 kcal	30 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks too thick, thin with a splash of water or extra lime juice.
- Avoid over-cooking shrimp to maintain a tender, juicy bite.
- Feel free to add avocado for extra creaminess.