

Zucchini Bread Recipes

High-Protein Honey Garlic Shrimp

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

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 tbsp raw honey
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp soy sauce (low-sodium)
- [ ] 1 tbsp lemon juice
- [ ] 1 tbsp olive oil
- [ ] 1 tsp red pepper flakes (optional)
- [ ] 2 green onions, sliced for garnish

For the Sauce

- [ ] 1 tbsp cornstarch mixed with 2 tbsp water (optional thickener)
- [ ] Salt and pepper to taste

Instructions

1. Pat the shrimp dry with paper towels; this helps them sear quickly.



2. In a small bowl, whisk together honey, soy sauce, lemon juice, minced garlic, and olive oil.



3. Heat a large skillet over medium-high heat, add a drizzle of oil, and place the shrimp in a single layer. Sear for 1-2 minutes per side until pink.



4. Pour the honey-garlic mixture over the shrimp, add red pepper flakes if using, and stir gently. Let it bubble for 2-3 minutes until the sauce thickens and coats the shrimp.



5 If a thicker glaze is desired, stir in the cornstarch slurry and cook an additional minute.



6 Remove from heat, garnish with sliced green onions, and serve immediately.



Nutrition per serving

210 kcal	26 g	12 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- Avoid over-cooking the shrimp; they become rubbery quickly.
- For a richer flavor, let the glaze simmer a bit longer before adding the shrimp.
- Check out our high protein chocolate pudding for a post-meal treat.