

Zucchini Bread Recipes

Lemon Garlic Shrimp and Asparagus – 20 Minute Quick Meal

10 min Prep time	**10 min** Cook time	**20 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 1 bunch asparagus, woody ends trimmed and cut into 2-inch pieces
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] 1 lemon, zested and juiced
- [ ] 1/4 tsp red pepper flakes
- [ ] Salt and black pepper to taste
- [ ] 2 tbsp fresh parsley, chopped

Instructions

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



2. Heat olive oil in a large skillet over medium-high heat. Add the garlic and red pepper flakes, sauté for 30 seconds until fragrant.

3. Add the shrimp in a single layer, season with salt and pepper, and cook 2-3 minutes per side until pink and just opaque.



4. Push the shrimp to the side, toss the asparagus into the pan, and stir-cook for 3-4 minutes until bright green and crisp-tender.



5 Stir in lemon zest, lemon juice, and chopped parsley. Give everything a quick toss, taste and adjust seasoning, then serve immediately.



Nutrition per serving

280 kcal	35 g	8 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a richer sauce, finish with a splash of white wine (non-alcoholic substitute works too).
- The dish pairs beautifully with a side of fluffy quinoa or rice.
- For a buttery finish, swirl in a teaspoon of cold butter just before plating.
- Try adding a drizzle of air-fried zucchini for an extra crunch.