Treasure Barrel

# Grilled Shrimp Bowl with Creamy Garlic Sauce

Grilled shrimp over rice with a warm garlic sauce, bright vegetables, and a touch of zest.

| 15 min | 12 min | 27 min | 4 | Easy | Mediterranean |
|---|---|---|---|---|---|
| Prep time | Cook time | Total time | Servings | Difficulty | Cuisine |

## Ingredients

### Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 cups cooked jasmine rice
- [ ] 1 cup mixed bell peppers, sliced
- [ ] ½ cup snap peas
- [ ] ½ cup carrots, julienned
- [ ] 2 tbsp olive oil

### Creamy Garlic Sauce

- [ ] ½ cup Greek yogurt
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp Dijon mustard
- [ ] ¼ cup olive oil
- [ ] Salt and pepper to taste

## Instructions

1. Pat shrimp dry, toss with 1 tbsp olive oil, salt, and pepper; preheat a grill pan over medium-high heat.
2. Grill shrimp 2-3 minutes per side until pink and lightly charred; remove and set aside.
3. In the same pan, add remaining olive oil, sauté bell peppers, snap peas, and carrots for 3-4 minutes until just tender.
4. While vegetables cook, whisk together yogurt, minced garlic, lemon juice, mustard, and olive oil; season with salt and pepper.
5. Combine cooked rice, grilled shrimp, and sautéed vegetables in a serving bowl; drizzle the creamy garlic sauce over the top.
6. Garnish with fresh parsley and a squeeze of lemon; serve immediately.

### Nutrition per serving

| 420 kcal | 28 g | 45 g | 14 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- For extra smokiness, add a pinch of smoked paprika to the shrimp before grilling.
- If you prefer a thicker sauce, let the yogurt mixture sit for a few minutes before drizzling.
- A light drizzle of toasted sesame oil adds a subtle nutty finish.