

Treasure Barrel

High-Protein Honey Garlic Shrimp

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

Ingredients

Main Ingredients

- [ ] 1 lb shrimp, peeled and deveined
- [ ] 3 tbsp honey
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp soy sauce (or tamari for gluten-free)
- [ ] 1 tbsp olive oil
- [ ] 1 tsp lemon juice
- [ ] Pinch red pepper flakes (optional)

Optional Garnish

- [ ] Chopped fresh parsley
- [ ] Toasted sesame seeds

Instructions

1. Pat the shrimp dry with paper towels; this helps the glaze cling and prevents steaming.
2. Heat olive oil in a large skillet over medium-high heat. Add minced garlic and sauté for 30 seconds until fragrant, being careful not to brown.
3. Stir in honey, soy sauce, and red pepper flakes. Let the mixture bubble gently, allowing it to thicken slightly—about 2 minutes.
4. Add the shrimp in a single layer. Cook for 2-3 minutes per side, turning once, until the shrimp turn pink and are just opaque.
5. Finish with a splash of lemon juice, toss to coat, then remove from heat. Garnish with parsley and sesame seeds, and serve immediately.

Nutrition per serving

240 kcal	28 g	22 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the glaze gets too thick before adding shrimp, thin it with a teaspoon of water.
- For a deeper flavor, let the honey-garlic mixture simmer a minute longer before the shrimp go in.
- A dash of smoked paprika can add a subtle smoky note without overwhelming the sweet profile.