



15 Minute Honey Garlic Shrimp

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Ingredients

- 1 1/2 lbs shrimp
- 1 red or orange pepper, diced
- 6 cloves garlic, minced
- 3/4 cup onion, chopped
- 2 tbs light soy sauce
- 2 tbs honey
- 2 tsp sesame oil
- 1 1/2 tsp olive oil
- 1 tsp minced ginger
- Pinch of chili flakes



Method

1. Pat your shrimp dry with a cloth napkin and then place them, evenly spaced, on a large, hot, dry skillet
2. Toss continuously until the shrimp are about 60% cooked, and then pour the olive oil into the skillet
3. Once the shrimp are cooked through and firm, remove from the skillet and set aside
4. In the same skillet, sautee the onion and pepper until the pepper is tender, but not soft, then remove from skillet and place with the shrimp
5. Combine the garlic, soy sauce, honey, sesame oil, chili flakes, and minced ginger, and stir thoroughly
6. Add the sauce to the skillet, and increase to high heat, stirring frequently until the sauce begins to thicken (be patient! It will thicken significantly and this is what gives you that nice sticky glaze)
7. Once the sauce has gotten thicker, throw in the onion, pepper, and shrimp, and toss until everything is fully coated
8. Enjoy!

I love some good takeout or restaurant quality Chinese food that's healthy enough to eat on a weekday... and this 15 Minute Honey Garlic Shrimp is exactly that! It's a little sweet, a little spicy, and full of incredible flavor, all without any extra sodium, or preservatives. Even the delicious glaze comes without any thickeners whatsoever.

Not only is this 15 Minute Honey Garlic Shrimp completely free of additives, but it delivers lots of nutrition as well. Colored peppers are an excellent sources of vitamin C, vitamin A, lots of antioxidants, and essential minerals like magnesium. The shrimp contains protein, Omega-3, and powerful antioxidants, including selenium, which is a powerful agent in fighting oxidative stress.

As the name indicates, it'll take you almost no time and effort to whip up this 15 Minute Honey Garlic Shrimp, making it a perfect candidate for busy weeknights. Serve this with some brown rice or cauliflower rice for a complete, delicious meal, that will deliver all the restaurant quality flavor you could hope for, but in a healthy, easy to prepare package!

If you enjoy this recipe, be sure to check out my [Lightened Up Szechuan Chicken](#)- another delicious Chinese restaurant quality dish, that's incredibly easy to make!