

Pan-Seared Lemon Garlic Shrimp



This recipe yields tender shrimp flavored lightly with bright lemon and garlic – a classic combination! Ready in minutes, a delicious addition to your favorite pasta or grain bowl!

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

2 each	Garlic cloves, minced
1 each	Lemon, zested and juiced
1 lb.	Shrimp, large (16-20), peeled and deveined
2 Tbsp	Olive Oil, <u>divided</u>
½ tsp	Paprika
¼ tsp	Red Pepper Flakes (optional)
¼ tsp	Kosher Salt
To Taste	Black Pepper

CHEF'S NOTES

Shrimp are quick and easy to prepare, even from frozen. Simply place them in a colander in the sink and run cold water over them for about 5 minutes.

Buying frozen shrimp when it is on sale means you can have a quick meal on the table any time you feel like seafood for dinner!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a small bowl, combine the minced garlic, lemon zest, and juice. Set aside.
3. Pat the peeled and deveined shrimp with a paper towel to absorb excess moisture. In a medium bowl, combine the peeled and deveined shrimp with the 1 Tablespoon olive oil, paprika, red pepper flakes (if using), salt, and pepper, using tongs to toss to coat.
4. In a large non-stick skillet, heat the remaining 1 Tablespoon olive oil over medium heat and swirl to coat the bottom of the pan evenly. Once the oil is hot, add the shrimp to the pan in an even layer and cook, until lightly browned and starting to curl, about 2-3 minutes. Use tongs to flip the shrimp to finish cooking on the other side, about 1-2 minutes more.
5. Once the shrimp are cooked, reduce heat to low and add the garlic and lemon mixture. Stir quickly to incorporate thoroughly and lightly cook the garlic. Serve immediately.

Nutrition Facts

4 servings per container

Serving size 4 oz (134g)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 8g 10%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 150mg 50%

Sodium 290mg 13%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 23g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 1.8mg 10%

Potassium 140mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: SHRIMP



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