

Helergon Kitchen

Lemon Garlic Shrimp and Asparagus – 20-Minute Dinner

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 fresh asparagus, trimmed and cut into 2-inch pieces
- [ ] 2 tbsp olive oil
- [ ] 3 garlic cloves, minced
- [ ] Juice of 1 lemon
- [ ] Zest of 1 lemon
- [ ] ¼ tsp red pepper flakes (optional)
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tsp fresh parsley, chopped (for garnish)

Instructions

1. Pat the shrimp dry with paper towels, then toss them with 1 tablespoon olive oil, a pinch of salt, and pepper.
2. Heat the remaining tablespoon of oil in a large skillet over medium-high heat. Add the shrimp in a single layer; let them sear without moving for about 2 minutes.
3. Flip the shrimp, add minced garlic, and cook for another minute until fragrant, being careful not to burn the garlic.
4. Add the asparagus pieces, stir-fry for 2-3 minutes so they stay bright-green and still crisp.
5. Stir in lemon juice, zest, and red pepper flakes; toss everything together for 30 seconds until the sauce coats the shrimp and asparagus.
6. Remove from heat, sprinkle with fresh parsley, and serve immediately.

Nutrition per serving

280 kcal	32 g	8 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer sauce, finish with a knob of butter before serving.
- A squeeze of extra lemon just before plating can brighten the dish even more.
- Be careful not to overcook the shrimp; they turn opaque and firm when done.