Bite Spoon

Grilled Shrimp Bowl with Creamy Garlic Sauce

Grilled shrimp tossed in a creamy garlic sauce, served over your favorite grain for a fast, protein-rich meal.

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

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 tbsp olive oil
- [ ] 1 tsp salt
- [ ] ½ tsp black pepper
- [ ] 1 cup cooked rice or quinoa

For the Creamy Garlic Sauce

- [ ] 3 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] 2 tbsp butter
- [ ] 1 tbsp lemon juice
- [ ] ¼ cup grated Parmesan (optional)
- [ ] Pinch of red pepper flakes

Instructions

1. Pat the shrimp dry with paper towels, then toss with olive oil, salt, and pepper.
2. Heat a grill pan over medium-high heat; place shrimp in a single layer and grill 2-3 minutes per side until pink and lightly charred; set aside.
3. In the same pan, melt butter and sauté minced garlic until fragrant, about 30 seconds – watch closely so it doesn’t burn.
4. Lower heat, stir in heavy cream and lemon juice; let simmer gently, stirring until the sauce thickens, then fold in Parmesan and red pepper flakes.
5. Return the grilled shrimp to the sauce, toss to coat, and heat for another minute.
6. Serve the shrimp and sauce over warm rice or quinoa, garnish with fresh herbs if desired.

Nutrition per serving

420 kcal	30 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks too thick, add a splash of broth or water.
- For extra zest, grate a little lemon zest into the sauce just before serving.
- You can swap shrimp for diced chicken breast; adjust cooking time accordingly.