

Browned Butter Honey Garlic Shrimp

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Servings: 4

4 tablespoons unsalted butter
4 tablespoons honey
1 tablespoon (1/2 lemon) fresh squeezed lemon juice
1 tablespoon low sodium soy sauce
3 cloves garlic, minced
21 ounces shrimp, peeled and deveined, tail on or off salt (to taste)
lemon wedges (to serve)
fresh chopped parsley (to serve)

Preparation Time: 5 minutes

Cook Time: 15 minutes

Heat butter in a non-stick skillet over medium-high heat. Melt, swirling the pan and stirring occasionally for about 3 minutes, or until the foam settles; the butter begins to change in colour to golden brown and has a nutty fragrance.

Add the honey, lemon juice, soy sauce and garlic. Stir well to combine all of the flavors together. Cook for 30 seconds until the garlic is fragrant. Remove from the heat.

Pour out just over half of the browned butter from the pan (liquid only), leaving two tablespoons of the honey butter mixture in the pan. Reserve the rest for later.

Add half of the shrimp to the honey/butter in the pan. Sear for about 2 minutes on each side, or until just cooked through and no longer opaque. Transfer to a plate. Set aside.

Wipe the pan with a paper towel. Add two more tablespoons of the honey/butter mixture to the pan. (You may need to add one teaspoon of olive oil or extra butter to the pan if your sauce has thickened too much.) Sear the remaining shrimp for 2 minutes on each side or until just cooked through and no longer opaque.

Add the cooked shrimp back into the pan. Pour in the remaining honey/butter sauce, stirring through the shrimp to evenly coat. Season with salt and pepper if desired. Garnish with parsley.

Serve with steamed vegetables over rice or with a salad.

Per Serving (excluding unknown items): 330 Calories; 14g Fat (38.4% calories from fat); 31g Protein; 20g Carbohydrate; trace Dietary Fiber; 257mg Cholesterol; 373mg Sodium. Exchanges: 4 Lean Meat; 0 Vegetable; 2 1/2 Fat; 1 Other Carbohydrates.