

# Seafood

- [Creamy Garlic Shrimp](#)
- [Garlic Butter Shrimp Scampi](#)
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# Creamy Garlic Shrimp

## Ingredients

- 1 tablespoon olive oil
- 1 pound (500 grams) shrimp, tails on or off
- Salt and pepper, to taste
- 2 tablespoons unsalted butter
- 6 cloves garlic minced
- 1/2 cup dry white wine\* or chicken broth
- 1 1/2 cups reduced fat cream\*\*
- 1/2 cup fresh grated Parmesan cheese
- 2 tablespoons fresh chopped parsley

## Directions

1. Heat oil a large skillet over medium-high heat. Season shrimp with salt and pepper and fry for 1-2 minutes on each side, until just cooked through and pink.
2. Transfer to a bowl; set aside.
3. Melt the butter in the same skillet.
4. Saute garlic until fragrant (about 30 seconds).
5. Pour in the white wine or broth; allow to reduce to half while scraping any bits off of the bottom of the pan.
6. Reduce heat to low-medium heat, add the cream and bring to a gentle simmer, while stirring occasionally.
7. Season with salt and pepper to your taste.
8. Add the Parmesan cheese and allow sauce to gently simmer for a further minute or so until the cheese melts and sauce thickens.
9. Add the shrimp back into the pan, sprinkle with parsley.
10. Taste test sauce and adjust salt and pepper, if needed.
11. Serve over pasta, rice or steamed veg.

Prep Time: 10 Mins	Cook Time: 10 Mins	Total Time: 20 Mins	Servings:
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Origin : [cafedelites.com](https://cafedelites.com)

URL : <https://cafedelites.com/creamy-garlic-shrimp/>

# Garlic Butter Shrimp Scampi

## Ingredients

- 2 Tablespoons olive oil
- 4 tablespoons butter
- 4-5 large garlic cloves, minced (or 1 1/2 tablespoons minced garlic)
- 1 1/4 pounds (600 grams) large shrimp prawns, shelled with tails on or off
- Salt and fresh ground black pepper to taste
- 1/4 cup dry white wine or broth
- 1/2 teaspoon crushed red pepper flakes or to taste (optional)
- 2 tablespoons lemon juice
- 1/4 cup chopped parsley

## Directions

1. Heat olive oil and 2 tablespoons of butter in a large pan or skillet. Add garlic and sauté until fragrant (about 30 seconds - 1 minute). Then add the shrimp, season with salt and pepper to taste and sauté for 1-2 minutes on one side (until just beginning to turn pink), then flip.
2. Pour in wine (or broth), add red pepper flakes (if using). Bring to a simmer for 1-2 minutes or until wine reduces by about half and the shrimp is cooked through (don't over cook your shrimp).
3. Stir in the remaining butter, lemon juice and parsley and take off heat immediately.
4. Serve over rice, pasta, garlic bread or steamed vegetables (cauliflower, broccoli, zucchini noodles).

Prep Time: 5 Mins	Cook Time: 5 Mins	Total Time: 10 Mins	Servings:
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Origin : Internet

URL :

# Shrimp Scampi (Alt)

## Ingredients

- 1 lb shrimp, peeled and deveined
- 2-3 medium zucchini, spiralized
- 3 tbsp olive oil or butter
- 4 cloves garlic, minced
- Juice of ½ lemon or lime
- Salt and black pepper, to taste
- Freshly grated Parmesan or mozzarella

## Directions

1. Spiralize the zucchini and place in a colander.
2. Sprinkle lightly with salt and let them sit for 10-15 min to draw out water. Pat dry with a paper towel.
3. In a large skillet over medium-high heat, heat 1 tbsp olive oil or butter.
4. Add shrimp, season with salt and pepper, and cook 1-2 minutes per side until pink and cooked through.
5. Remove shrimp and set aside.
6. In the same skillet, add remaining oil or butter.
7. Add garlic
8. Sauté 30 seconds.
9. Simmer 2-3 minutes to reduce slightly.
10. Stir in lemon/lime juice.
11. Add the zoodles to the pan and toss with the sauce for 2-3 minutes until just tender.
12. Return the shrimp to the pan and toss to combine.

Prep Time:	Cook Time:	Total Time:	Servings:
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Origin : ChatGPT