



GARLIC-SOY SHRIMP & BROCCOLI SKILLET

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Shrimp, Peeled and Deveined	8 Oz.	Garlic Powder	½ Tsp.
Broccoli Florets	3 Cups	Honey	1 Tsp.
Sesame Oil	1 Tsp.	Crushed Red Pepper Flakes, optional	¼ Tsp.
Low-sodium Soy Sauce	1½ Tbsp.	Green Onion, Sliced	1
Fresh Lime Juice	1 Tbsp.	Sesame Seeds	1 Tsp.
Grated Fresh Ginger	1 Tsp.		

SERVING SIZE

HALF OF TOTAL SKILLET

PREPARATION

- 👉 Whisk together the soy sauce, lime juice, ginger, garlic powder, honey, and red pepper flakes.
- 👉 Heat the sesame oil in a large skillet over medium-high heat.
- 👉 Add the broccoli and 2 tablespoons water. Cover and cook for 3-4 minutes, until just tender.
- 👉 Add the shrimp and cook for 2-3 minutes per side, until pink and cooked through.
- 👉 Pour in the sauce and toss everything together. Cook for another 1-2 minutes.