



FARMERS MARKET

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Healthy One-Pan Lemon Garlic Shrimp & Asparagus

Serves 4

1 1/2lbs raw shelled shrimp
1 bundle asparagus, ends trimmed
2 tbsp olive oil
2 tbsp minced garlic, divided
1/2 tsp chili flakes
1/4 tsp paprika
1/2 tsp salt
1/2 tsp pepper
1/4 cup freshly chopped parsley
1/2 lemon, thinly sliced
1/2 lemon, squeezed for juice
Cooked basmati rice (for serving over)

Preheat your oven to 400 degrees Fahrenheit.

On your sheet pan, lay out your trimmed asparagus and drizzle and toss with a tablespoon of olive oil, sprinkle with salt & pepper, and 1 tablespoon of minced garlic.

Bake the asparagus for about 5-6 minutes. Remove from oven.

Lay out your raw shrimp on the top area of the pan, above the asparagus. Drizzle with a tablespoon of olive oil, then season with salt & pepper, paprika, red pepper flakes and parsley, then toss with your hands to coat everything evenly.

Place sliced lemon wheels over the shrimp and asparagus, then squeeze half a lemon over it as well.

Place back in the oven and bake for about 5-6 minutes again, or until the shrimp has turned pink and opaque.

Serve over basmati rice (or alternatively, quinoa, cauliflower rice, or pasta).

Credit: forkly.com