



HIGH-PROTEIN MEALS

Honey Garlic Shrimp Rice Bowl

Honey garlic shrimp bowl, 52 g protein.

🕒 25 min

🍴 Serves 2

🔥 605 kcal per serving

🌱 High-protein

🥛 Dairy-free

15 min
PREP

10 min
COOK

25 min
TOTAL

Easy
LEVEL

🔪 YOU'LL NEED

Large nonstick or stainless skillet (30 cm / 12 in)

Small jug or bowl

Spatula or tongs

Knife and cutting board

Paper towels

Microwave-safe bowl and plate (to warm the rice)

2 serving bowls

NUTRITION PER SERVING

ESTIMATED

605
KCAL

52g
PROTEIN

77g
CARBS

10g
FAT

Estimated: the sum of USDA FoodData Central values for each ingredient (shrimp weighed raw, rice weighed cooked), divided by 2 servings.

Ingredients FOR 2 SERVINGS

INGREDIENT	METRIC	IMPERIAL	NOTE
☐ Large shrimp, raw, peeled and deveined, thawed	450 g	1 lb	about 30–40 shrimp (sold as 31/40 per lb), tails off; weigh them thawed and drained. Frozen: thaw overnight in the fridge
☐ Cooked jasmine rice	320 g	11.3 oz	about 2 cups: leftover rice, a microwave pouch, or cooked from about 125 g / ½ cup dry (that adds about 25 minutes)
☐ Garlic, minced	4 cloves (12 g)	4 cloves (0.4 oz)	



INGREDIENT	METRIC	IMPERIAL	NOTE
☐ Honey	45 ml	3 tbsp	63 g
☐ Low-sodium soy sauce	30 ml	2 tbsp	contains wheat; tamari labelled gluten-free works too
☐ Rice vinegar, unseasoned	15 ml	1 tbsp	or fresh lime juice
☐ Neutral oil (canola or vegetable)	15 ml	1 tbsp	
☐ Cucumber, thinly sliced	100 g	3.5 oz	about ⅓ of a regular cucumber
☐ Green onions, thinly sliced	2 (30 g)	2 (1 oz)	
☐ Toasted sesame seeds	10 ml	2 tsp	6 g

Method 8 STEPS · 25 MIN

1

STEP 1 · Prep the toppings

Mince the garlic. Thinly slice the cucumber and the green onions. Pat the thawed shrimp very dry with paper towels (dry shrimp sear instead of steaming).

🔪 Knife, cutting board, paper towels

⌚ 7 min



2

STEP 2 · Whisk the glaze

In a small jug, stir the honey, low-sodium soy sauce and rice vinegar until the honey dissolves.

🥄 Small jug

⌚ 2 min



3

STEP 3 · Warm the rice

Warm the rice: a pouch as the packet says; leftover rice in a covered bowl with **1 tbsp** water, **2-3 minutes** in the microwave, stirred halfway, until steaming hot all through (**74 °C / 165 °F**). Keep it covered.

🔥 Microwave

🥄 Microwave-safe bowl and plate

⌚ 3 min



4

STEP 4 · Sear the shrimp

Heat the oil in a large skillet over **medium-high heat** until it shimmers, about **2 minutes**. Add the shrimp in one layer and cook **1 minute**, until pink underneath, then flip and cook **1 minute** more.

🔥 Medium-high

🥄 Large skillet

⌚ 4 min



5

STEP 5 · Add the garlic

Turn the heat down to medium. Add the garlic and stir for **30 seconds**, just until fragrant; don't let it brown.

🔥 Medium

🍳 Large skillet

⌚ 30 sec



6

STEP 6 · Pour in the glaze

Pour in the honey-soy glaze and stir so every shrimp sits in it.

🔥 Medium

🍳 Large skillet

⌚ 10 sec



7

STEP 7 · Glaze until sticky

Let it bubble for **1-2 minutes**, tossing, until the sauce thickens into a sticky glaze that coats the shrimp and the shrimp are pearly and opaque all the way through (**63 °C / 145 °F**), curled into a loose C. Take the pan off the heat straight away: overcooked shrimp turn rubbery.

🔥 Medium

🍳 Large skillet, spatula

⌚ 1-2 min



8

STEP 8 · Build the bowls

Divide the warm rice between 2 bowls and arrange the cucumber, green onions and sesame seeds on one side. Spoon the shrimp and every bit of glaze next to them. Serve straight away.

🍲 2 serving bowls

⌚ 2 min



Good to know

⚠️ FOOD SAFETY

- Shrimp: cook until the flesh is firm, pearly and opaque all the way through, **63 °C / 145 °F** (FDA; FoodSafety.gov: until the flesh is pearly or white, and opaque).
- Thaw frozen shrimp in the fridge overnight, or sealed in a plastic bag under cold water; never on the counter (FDA).
- Cooked rice: cool and refrigerate it within **2 hours** (**1 hour above 32 °C / 90 °F**), fridge at **4 °C / 40 °F** or below (FDA); reheat leftover rice until steaming hot, **74 °C / 165 °F** (FoodSafety.gov).

♥️ ALLERGENS

Contains: Shellfish, Soy, Wheat, Sesame.

Check the labels of what you buy: brands differ.

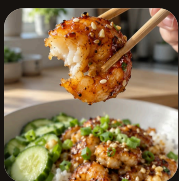
📦 STORAGE

Best eaten straight away. Refrigerate leftovers within 2 hours (1 hour above 32 °C / 90 °F) in a closed container at 4 °C / 40 °F or below and eat them within 3 days; reheat the shrimp and rice until steaming hot (74 °C / 165 °F) and keep the cucumber cold on the side.



TIPS

- Pat the shrimp really dry and don't crowd the pan: wet or crowded shrimp steam and leak water, and the glaze stays thin.
- Shrimp cook in minutes: the moment they are opaque and curled into a loose C, take the pan off the heat. A tight O means overcooked.
- If the shrimp are opaque but the glaze is still thin, lift the shrimp onto a plate, bubble the glaze 30–60 seconds more, then toss them back in.
- Taste before adding salt: the soy sauce already seasons the glaze.



ENJOY

Save this for your next high-protein dinner

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Nutrition values are estimates from standard reference data, not lab measurements.

