

Honey Shrimp and Broccoli

Instructions

1. To begin preparing the broccoli, heat water in a large stock pot until boiling. While the water is warming up, prepare a large bowl of ice water to use later. Once the water in the stock pot is boiling, add the broccoli and a pinch of salt and stir.
2. Boil the broccoli for 3 minutes, then strain the florets and dump them into the ice bath. Once the broccoli has completely cooled, strain the florets again to remove excess moisture.
3. To prepare the shrimp, heat a large sauté pan over high heat and spray the pan with olive oil. Once warm, add the garlic and walnuts and stir until the garlic is lightly toasted. Next, add the onions and season lightly with salt and pepper.
4. Lay the shrimp out on a paper towel and season with salt and pepper.
5. Remove the pan from the burner, then add shrimp seasoned side down, and cook on the burner for 2 minutes. Flip the shrimp over and add honey to the pan. Cook for 2-3 more minutes or until the shrimp are done to your liking.
6. Toss the shrimp one last time, then serve on a bed of broccoli. Garnish with chili paste and enjoy!

Ingredients

- 2 lbs. of broccoli, cut into large florets
- 2 tbsp. of olive oil
- 6-8 cloves of garlic, minced
- ¼ cup of walnuts
- 1 cup of onions, diced
- 2 lbs. of shrimp, peeled and deveined
- 2 tbsp. of honey
- Salt and pepper, to taste
- Sambal chili paste (optional)

Grocery List

- Broccoli
- Olive oil
- Garlic
- Walnuts
- Onion
- Shrimp
- Honey
- Salt
- Pepper
- Chili paste