

Creamy Garlic Shrimp

Creamy Garlic Shrimp With Parmesan is a deliciously easy Shrimp Recipe! Coated in a rustic and buttery sauce ready in less than 10 minutes, people will think there is a hidden chef in your kitchen! Transform ingredients you most likely already have in your refrigerator into an incredible dinner!



4.89 from 43 votes

Prep Time
10 mins

Cook Time
10 mins

Total Time
20 mins

Course: Dinner Cuisine: American Keyword: Shrimp Servings: 4 people
Calories: 488kcal Author: Karina

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

Instructions

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. Transfer to a bowl; set aside.
2. Melt the butter in the same skillet. Sauté garlic until fragrant (about 30 seconds). Pour in the white wine or broth; allow to reduce to half while scraping any bits off of the bottom of the pan.
3. Reduce heat to low-medium heat, add the cream and bring to a gentle simmer, while stirring occasionally. Season with salt and pepper to your taste.
4. Add the parmesan cheese and allow sauce to gently simmer for a further minute or so until the cheese melts and sauce thickens.
5. Add the shrimp back into the pan, sprinkle with parsley. Taste test sauce and adjust salt and pepper, if needed.
6. Serve over pasta, rice or steamed veg.

Notes

*Use a good quality dry white wine such as a pinot griot or chardonnay.

White wine can also be substituted for chicken broth or left out completely. The flavour in the sauce will be altered.

**I use reduced fat cream (or light cream) for this recipe. Substitute with half and half if you wish, being careful not to bring the sauce to a boil or it may curdle. You can also use evaporated milk as a low calorie substitution.

Heavy or thickened cream may also be used and will not require thickening with cornstarch. Allow cream to reduce in a gentle simmer until thickened to your liking.

Nutrition

Calories: 488kcal | Carbohydrates: 4g | Protein: 30g | Fat: 44g | Saturated Fat: 25g | Cholesterol: 234mg | Sodium: 110mg | Potassium: 223mg | Vitamin A: 1765IU | Vitamin C: 9.2mg | Calcium: 375mg | Iron: 2.8mg