

Easy Honey Garlic Shrimp, Sausage & Broccoli: One-Pan Meal

Get ready for a flavor-packed meal that's as easy to make as it is delicious! This



OVEN
400°F

TIME
20 min

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INGREDIENTS

1/2 lb shrimp, large, peeled and deveined
1/2 lb smoked sausage, sliced into 1/2-inch rounds (Andouille or Kielbasa work well)
2 cups broccoli florets
3 tablespoons honey
3 tablespoons soy sauce
4 cloves garlic, minced
1 tablespoon olive oil
1 teaspoon sesame oil (optional, for added flavor)
1/4 teaspoon red pepper flakes (adjust to taste)
Salt and black pepper to taste
Fresh sesame seeds (for garnish, optional)
Green onions, chopped (for garnish, optional)

DIRECTIONS

1. Let's get this delicious : Honey Garlic Shrimp, Sausage & Broccoli cooking!
2. Preheat : Oven: Preheat your oven to 400°F (200°C).
3. Roast : Broccoli: In a medium bowl, toss the 2 cups broccoli florets with 1 tablespoon olive oil, a pinch of salt, and a pinch of black pepper. Spread the seasoned broccoli evenly on a baking sheet. Roast in the preheated oven for 20 minutes, or until the broccoli is tender-crisp and slightly caramelized.
4. Prepare : Honey Garlic Sauce: While the broccoli roasts, in a small bowl, whisk together the 3 tablespoons honey, 3 tablespoons soy sauce, 4 cloves minced garlic, and 1 teaspoon sesame oil (if using). Add 1/4 teaspoon red pepper flakes. Set this sauce aside.
5. Cook : Sausage: Heat a large skillet (cast iron or non-stick works well) over medium heat. Add the sliced 1/2 lb smoked sausage and cook for about 6 minutes, stirring occasionally, until it's browned and slightly crispy. Remove the cooked sausage from the skillet and set aside.
6. Cook : Shrimp: In the same skillet (no need to clean it), add the 1/2 lb peeled and deveined shrimp. Cook for about 3 minutes per side, or until the shrimp turns pink and opaque and is cooked through. Remove the cooked shrimp from the skillet and set aside.
7. Thicken : Sauce: Pour the prepared honey garlic sauce into the skillet. Bring it to a gentle simmer over medium-low heat and let it cook for about 3 minutes, stirring constantly, until it thickens slightly. It should coat the back of a spoon.

8. **Combine & : Coat:** Return the cooked sausage and shrimp to the skillet with the thickened honey garlic sauce. Toss everything gently to coat them thoroughly in the sauce.
9. **Add : Broccoli:** Once the roasted broccoli is done, add it to the skillet with the sauced shrimp and sausage. Toss everything together gently until well combined.
10. **Garnish & : Serve:** Transfer the mixture to a serving dish. Garnish with fresh sesame seeds and chopped green onions, if desired. Serve hot, ideally with a side of rice or noodles for a complete meal.

SWAPS & NOTES

Shrimp: Use large raw shrimp for the best texture. Fresh or frozen (thawed and patted dry) both work.

Smoked Sausage: Andouille or Kielbasa sausage links are excellent choices.

Broccoli: Fresh broccoli florets are recommended for roasting.

TIPS FOR SUCCESS

Don't Overcook Broccoli: Roast until tender-crisp, not mushy.

It will still be tossed in hot sauce.

Don't Overcook Shrimp: Shrimp cooks very quickly!

Remove them as soon as they turn pink and opaque.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-honey-garlic-shrimp-sausage-broccoli-one-pan-meal/>