

30-Minute Garlic Butter Shrimp Dinner Plate: Creamy Mash and Crispy Veggies

The Vibrant and Comforting Plate: Garlic Butter Shrimp for a 30-Minute Dinner



TIME
30 min

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INGREDIENTS

Swaps and Notes:

Protein Swap: You can easily swap the shrimp for cubed chicken breast or turkey strips. You'll need to adjust the cooking time (about 5-7 minutes) to ensure they are fully cooked.

Alternative Veggies: Green beans, asparagus, or diced zucchini are all excellent substitutes. The key is to cut them uniformly and sauté them until they are slightly crisp.

Lighter Mash: Substitute the butter and milk with chicken or vegetable broth for a lighter version of mashed potatoes.

Garlic: The recipe calls for one clove, but if you're a garlic maniac like me, don't hesitate to add a second one!

? Directions: Recipe Steps:

1. Cook the Mashed Potatoes:

Place the potato cubes in a small pot and cover with cold water. Add a pinch of salt.

Bring to a boil, then reduce heat and simmer for 12-15 minutes, or until the potatoes are fork-tender.

Drain the potatoes and return them to the pot. Add 1 tablespoon of butter and 2-3 tablespoons of milk or cream.

Mash until your desired consistency is reached. Season generously with salt and pepper. Keep warm.

2. Sauté the Vegetables:

While the potatoes are cooking, heat 1 teaspoon of olive oil in a medium skillet over medium-high heat.

Add the broccoli and sliced bell peppers. Season with salt, pepper, and garlic powder.

SautØ for 5-7 minutes, until the vegetables are tender but still crisp (al dente). Remove them from the pan and set aside.

3. SautØ the Garlic Shrimp:

In the same skillet (or a separate one, if you prefer), melt 1 tablespoon of butter over medium heat.

Add the minced garlic and cook for about 30 seconds, just until fragrant (be careful not to burn it!).

Add the shrimp, paprika, salt, and pepper.

Cook the shrimp for 1-2 minutes per side, until they are pink and opaque. Remove the pan from the heat immediately.

4. Assemble the Plate:

Spoon a portion of creamy mashed potatoes onto the center of your plate.

Arrange the garlic shrimp on or beside the mash, pouring a little of the garlic butter sauce over the top.

Add the vibrant sautØed vegetables to complete the dish.

Garnish with a little freshly cracked black pepper. Serve immediately.

? Tips for Success:

Do Not Overcook the Shrimp: Shrimp take very little time to cook. As soon as they turn from gray to pink and curl into a "C" shape (not an "O"), they are done. Overcooking them makes them rubbery.

Rinse the Potatoes: Always rinse your potato cubes after cutting them to remove excess starch. This helps achieve a creamier, less gummy mash.

High Heat for Veggies: SautØ the vegetables over medium-high heat. This is what gives them that slight caramelization and maintains their crunch.

Serving Suggestions and Pairings:

Crusty Bread: Serve with a slice of ciabatta or baguette to sop up all that delicious garlic butter sauce.

Refreshing Drink: Nothing cuts through the rich, savory flavors better than something cooling. Try my Blueberry Lemonade for a perfect contrast.

Wine Pairing: A crisp, dry white wine like Sauvignon Blanc or a Pinot Grigio pairs beautifully with garlicky seafood.

Sweet End: If you need a little something sweet to finish, these Best Peanut Butter Brownies are the ideal conclusion.

Nutritional Information (Per Serving):

DIRECTIONS

1. This process is designed for efficiency, allowing you to cook the three components concurrently.
2. Cook the Mashed Potatoes: Place the potato cubes in a small pot and cover with cold water. Add a pinch of salt.
3. Bring to a boil, then reduce heat and simmer for 12-15 minutes, or until the potatoes are fork-tender.
4. Drain the potatoes and return them to the pot. Add 1 tablespoon of butter and 2-3 tablespoons of milk or cream.
5. Mash until your desired consistency is reached. Season generously with salt and pepper. Keep warm.
6. SautØ the Vegetables: While the potatoes are cooking, heat 1 teaspoon of olive oil in a medium skillet over medium-high heat.
7. Add the broccoli and sliced bell peppers. Season with salt, pepper, and garlic powder.
8. SautØ for 5-7 minutes, until the vegetables are tender but still crisp (al dente). Remove them from the pan and set aside.
9. SautØ the Garlic Shrimp: In the same skillet (or a separate one, if you prefer), melt 1 tablespoon of butter over medium heat.
10. Add the minced garlic and cook for about 30 seconds, just until fragrant (be careful not to burn it!).
11. Add the shrimp, paprika, salt, and pepper.
12. Cook the shrimp for 1-2 minutes per side, until they are pink and opaque. Remove the pan from the heat immediately.
13. Assemble the Plate: Spoon a portion of creamy mashed potatoes onto the center of your plate.

14. Arrange the garlic shrimp on or beside the mash, pouring a little of the garlic butter sauce over the top.
15. Add the vibrant sautéed vegetables to complete the dish.
16. Garnish with a little freshly cracked black pepper. Serve immediately.
17. ? Tips for Success: Do Not Overcook the Shrimp: Shrimp take very little time to cook. As soon as they turn from gray to pink and curl into a "C" shape (not an "O"), they are done. Overcooking them makes them rubbery.
18. Rinse the : Potatoes: Always rinse your potato cubes after cutting them to remove excess starch. This helps achieve a creamier, less gummy mash.
19. High : Heat for Veggies: Sauté the vegetables over medium-high heat. This is what gives them that slight caramelization and maintains their crunch.
20. Serving Suggestions and Pairings: This dish is already a complete meal, but a few additions can make it extra special:
21. Crusty : Bread: Serve with a slice of ciabatta or baguette to sop up all that delicious garlic butter sauce.
22. Refreshing : Drink: Nothing cuts through the rich, savory flavors better than something cooling. Try my Blueberry Lemonade for a perfect contrast.
23. Wine : Pairing: A crisp, dry white wine like Sauvignon Blanc or a Pinot Grigio pairs beautifully with garlicky seafood.
24. Sweet : End: If you need a little something sweet to finish, these Best Peanut Butter Brownies are the ideal conclusion.
25. Nutritional Information (Per Serving): Servings: 1

SWAPS & NOTES

For the Garlic Shrimp Large Shrimp, peeled and deveined 8-10
Fresh or thawed are fine.

Butter 1 Tbsp Salted butter is great here.

Garlic clove, minced 1 Freshly minced for the best aroma.

Paprika 1/2 tsp Smoked or sweet, depending on your preference.

TIPS FOR SUCCESS

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