

## Creamy Garlic Butter Shrimp over Rice: The Quick Weeknight Meal You'll Crave

Ultimate Creamy Garlic Butter Shrimp with Rice



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

**Shrimp:** 300g (10 oz) large shrimp, peeled and deveined. I prefer tails on for presentation, but tails off is easier for eating!

**Aromatics:** 3 cloves of fresh garlic, minced (don't use the jarred stuff here; the flavor is too muted).

**Fats:** 2 tbsp unsalted butter and 1 tbsp olive oil.

**Liquid Gold:** 200 ml (¾ cup + 1 tbsp) heavy cream.

**Cheese:** 2 tbsp grated Parmesan cheese (freshly grated melts best).

**Seasoning:** Salt, pepper, 1 tsp dried Italian herbs, and ¼ tsp crushed red pepper flakes for a subtle kick.

**Garnish:** 2 tbsp chopped fresh parsley.

**Base:** Cooked white rice (Jasmine or Basmati works beautifully).

### DIRECTIONS

- Season the Shrimp:** Pat your shrimp dry with paper towels (this ensures a good sear). Season both sides with salt and pepper.
- Initial Sear:** Heat the olive oil and 1 tbsp of butter in a large skillet over medium-high heat. Once the butter is foaming, add the shrimp. Cook for about 2 minutes per side until they turn pink and opaque. **Pro Tip:** Don't overcook them here; they will finish in the sauce! Remove them to a plate.
- Sauté the Aromatics:** Lower the heat to medium. Add the remaining 1 tbsp of butter to the same pan. Stir in the minced garlic and cook for about 60 seconds until fragrant-be careful not to let it brown or turn bitter.
- Build the Sauce:** Pour in the heavy cream. Stir in the Parmesan cheese, Italian herbs, and red pepper flakes.
- Simmer:** Let the sauce simmer gently for 3-4 minutes. You want it to reduce slightly until it's thick enough to coat the back of a spoon.
- Reunion:** Return the seared shrimp (and any juices from the plate) back into the skillet. Toss to coat them thoroughly in the cream. Simmer for just 1 more minute.
- Serve:** Spoon the shrimp and plenty of sauce over a warm bed of white rice. Garnish with a generous sprinkle of fresh parsley.

### SWAPS & NOTES

The Cream: If heavy cream feels too heavy, you can swap it for half-and-half.

Just be careful not to boil it too vigorously, as lower-fat milks can break.

This exact sauce works wonders with thin-sliced chicken breast or even scallops.

Added Veggies: Feel free to stir in a handful of baby spinach at the very end until it wilts-it adds a pop of color and nutrition.

## TIPS FOR SUCCESS

**Don't Crowd the Pan:** If you are doubling this recipe, sear the shrimp in batches.

If the pan is too crowded, the shrimp will steam rather than sear, losing that golden exterior.

**High Heat for Shrimp:** Shrimp cook fast.

Keep the heat medium-high during the initial sear to get color without turning the centers into rubber.

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

Original recipe: <https://chefmaniac.com/creamy-garlic-butter-shrimp-over-rice-the-quick-weeknight-meal-youll-crave/>