



Mediterranean Garlic-Lemon Shrimp Bowl

Servings: 2–3

Prep Time: 10 minutes

Cook Time: 10 minutes



Ingredients:

For the shrimp:

- 1 lb raw shrimp, peeled and deveined
- 2 tbsp olive oil
- 3 cloves garlic, minced
- Juice of 1 lemon
- 1/2 tsp smoked paprika
- 1/4 tsp red pepper flakes (optional)
- Salt & pepper to taste

For the bowl:

- 1 cup cooked farro, couscous, or quinoa
- 1/2 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 cup red onion, thinly sliced
- 1/4 cup Kalamata olives, sliced
- 1/4 cup crumbled feta (optional)
- 2 tbsp fresh parsley or dill, chopped

- Lemon wedges for garnish

Instructions:

1. **Prepare the shrimp:**

In a skillet over medium heat, add olive oil and garlic. Cook for 1 minute, then add shrimp, lemon juice, paprika, red pepper flakes, salt, and pepper. Cook 2–3 minutes per side, or until shrimp is pink and opaque. Remove from heat.

2. **Assemble the bowls:**

Divide cooked grain among bowls. Top with tomatoes, cucumber, onion, olives, and shrimp.

3. **Finish:**

Sprinkle with feta and herbs. Garnish with lemon wedges and a drizzle of olive oil.

