

# Garlic Shrimp With Asparagus and Lemon



“This easy sauté uses one pan and is ready in under 30 minutes but the result is wonderful. A real taste of spring with the asparagus and lemon. Adapted from Fine Cooking magazine.”

Total Time: 30 mins Yields: 6 Servings

## Ingredients

- 2 lbs shrimp, medium to large, peeled and deveined
- 2 pinches black pepper, to taste
- 2 lemons
- 8 tablespoons olive oil or 8 tablespoons extra virgin olive oil
- 8 medium garlic cloves, sliced thinly
- 1 ½ lbs asparagus, tough ends snapped off and cut into 2 inch lengths (about 2 cups)
- ½ teaspoon crushed red pepper flakes
- 1 ⅓ cups reduced-sodium chicken broth
- 1 teaspoon cornstarch

## Directions

- Place shrimp on paper towels and dry very well. Sprinkle shrimp with a bit of the pepper.
- Using a vegetable peeler, peel off strips of the lemon peel and then cut the strips into very thin long pieces; be sure to peel only the yellow part of the peel, not the bitter white part.
- Cut lemon in half and juice it into a small dish, removing seeds.
- Heat a deep 12 inch skillet (preferably NOT non-stick) over medium high heat for 1 minute. Add 2 Tbsp of the oil and heat until it's shimmering hot -- just a few seconds.
- Add the shrimp in a single layer and do not disturb it; let cook for about 2 minutes until browned.
- Turn shrimp over and brown the other side, about 1 ½ minutes, then transfer to a plate. Shrimp should not be cooked through. Reduce heat to medium-low and add garlic, stirring for 30 seconds.
- Add asparagus, lemon zest strips, red pepper flakes and cook, stirring for 2-3 minutes. Add chicken broth and cover, simmering for 1-2 minutes until asparagus is almost done.
- Stir cornstarch with 1 Tbsp water and stir into the pan. Add shrimp back to the pan and cook another 1-2 minutes until done. Stir in 1 Tbsp lemon juice, then taste and add more juice and pepper if needed.