

# Creamy Garlic Shrimp



# Ingredients

- 1 tablespoon olive oil
  - 1 pound (500 grams) shrimp, tails on or off
  - Salt and pepper, to taste
  - 2 tablespoons unsalted butter
  - 6 cloves garlic minced
  - 1/2 cup dry white wine\* or chicken broth
  - 1 1/2 cups reduced fat cream \* **1/2 cup fresh grated Parmesan cheese \* 2 tablespoons fresh chopped parsley**
- </WRAP>

## Info

- **Prep:** 15
- **Cook:** 10
- **Serves:** 2-3
- [Source](#)

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Directions ===== -

Heat oil a large skillet over medium-high heat. Season shrimp with salt and pepper and fry for 1-2 minutes on each side, until just cooked through and pink. Transfer to a bowl; set aside. - Melt the butter in the same skillet. Sauté garlic until fragrant (about 30 seconds). Pour in the white wine or broth; allow to reduce to half while scraping any bits off of the bottom of the pan. - Reduce heat to low-medium heat, add the cream and bring to a gentle simmer, while stirring occasionally. Season with salt and pepper to your taste. - Add the parmesan cheese and allow sauce to gently simmer for a further minute or so until the cheese melts and sauce thickens. - Add the shrimp back into the pan, sprinkle with

parsley. Taste test  
sauce and adjust salt  
and pepper, if  
needed. - Serve over  
pasta, rice or steamed  
veg.

shrimp, seafood, wine, white wine, stock,  
cream, heavy cream, parmesan, parsley,  
to make

~~DISCUSSION|Notes~~

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Last update: **2024/01/07 13:33**

