

SHRIMP WITH GARLIC SAUTEED MUSHROOMS

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COOK TIME: 20mins

SERVES: 4

CALORIES: 454 kcal (PER SERVING)

INGREDIENTS

8 tbsp olive oil, divided
1 pound/450 g shrimp, peeled and deveined
½ tsp salt, black pepper, smoked paprika
¼ tsp dried garlic
9 ounces/250 g mushrooms, roughly chopped
6 garlic cloves, thinly sliced
½ cup/120 ml white wine,
like Pinot Grigio or Chardonnay
2 tbsp chopped parsley
1 tbsp cold unsalted butter
1 tbsp lemon juice
½ tsp red pepper flakes

DIRECTIONS

Combine shrimp with 1 tbsp olive oil, and ¼ teaspoon each: salt, garlic powder, smoked paprika and black pepper. Toss and set aside while you prepare the other ingredients. If you want to marinate them longer, no problem, transfer the shrimp to the fridge and chill for 30 minutes or up to 8 hours.

Thinly slice the garlic cloves, roughly chop the mushrooms and chop the parsley.

Heat 3 tbsp oil in a large skillet over high. Place shrimp in a single layer, sear undisturbed for 1 minute. Turn, and sear for 1 minute more or until nice and golden. Remove from skillet.

Add mushrooms, cook until they start to release moisture. Add the remaining oil and cook until golden brown. Stir in the remaining salt, pepper and paprika. Add garlic, stir constantly for 1 minute or until the garlic is fragrant and starts to soften.

Deglaze with white wine, cook for 2 minutes. Add parsley, lemon juice and butter. Stir until the butter is melted. Add shrimp and red pepper flakes. Toss for 30 seconds, or until the shrimp are heated through.

Serve with crusty bread and a leafy salad. Enjoy!

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