

## Honey Garlic Shrimp and Broccoli

Prep Time 5 mins  
 Total Time 30 mins  
 Meal Type Lunch,Dinner,Snack  
 Contributed By



Source [Living Plate](#)

Servings 4



### Ingredients

 

- 1 Tbs Olive Oil
- 1 cup Onion, frozen, *Chopped*
- 2 tsp Garlic, frozen, *Minced* (2 Frozen Cubes)
- 1 tsp Ginger, frozen, *Grated* (1 Frozen Cube)
- 1 1/4 cup Vegetable Broth, low sodium
- 2 cup Brown Rice, frozen
- 12 oz Broccoli, frozen, *Florets*
- 1 lb Shrimp, frozen, *Peeled and Deveined*
- 2 tsp Honey
- 1 1/3 Tbs Soy Sauce, low sodium (Tamari, low sodium)
- Salt and Pepper
- Red Pepper Flakes, *Optional*

### Directions

#### Make

1. Heat the olive oil in a medium pot over medium heat. Add the frozen onion, cooking until slightly translucent, about 3 minutes. Add the garlic and ginger and cook until aromatic, about 1 minute.
2. Pour the vegetable broth into the pot and bring to a boil. Add the frozen rice, broccoli, and shrimp. Reduce heat to a simmer and cover for 10 to 15 minutes. The shrimp will be a bright pink color when it is done cooking.
3. When the the shrimp is fully cooked, remove the pot lid and stir in the honey and soy sauce. Season with salt and pepper and garnish with optional red pepper flakes.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

| Nutrition Facts  | Amount/serving        | % Daily Value* | Amount/serving     | % Daily Value*                 |
|--|-----------------------|----------------|--------------------|--------------------------------|
|  | <b>Total Fat</b> 5.1g |                | 7%                 | <b>Total Carbohydrates</b> 36g |
| Saturated Fat 0.7g   |                       | 3%             | Dietary Fiber 5g   | 19%                            |
| Trans Fat 0.0g   |                       |                | Total Sugars 6g    |                                |
| <b>Cholesterol</b> 182mg   |                       | 60%            | <b>Protein</b> 29g |                                |
| <b>Sodium</b> 364mg  |                       | 15%            |                    |                                |
| Vitamin D 0mcg 0% · Calcium 134mg 13% · Iron 2mg 10% · Potassium 708mg 15% |                       |                |                    |                                |

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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