Stovetop Grilled Shrimp with Zucchini & Peppers

A quick, low-carb meal featuring juicy grilled shrimp paired with vibrant sautéed zucchini and bell peppers—perfect for lean muscle support and weight loss.

Servings: 2 **Time:** 25 minutes

Ingredients

- 12 oz raw shrimp, peeled and deveined
- 1 medium zucchini, sliced into 1/4-inch rounds
- 1 red bell pepper, sliced into strips
- 1 yellow bell pepper, sliced into strips
- 2 cloves garlic, minced
- 2 tbsp olive oil, divided
- 1 tbsp fresh lemon juice
- 1 tsp smoked paprika
- 1/2 tsp chili powder
- Salt and black pepper to taste
- 1 tbsp fresh parsley, chopped (optional)

Instructions

1. In a bowl, toss shrimp with 1 tbsp olive oil, paprika, chili powder, salt, pepper, and lemon juice. Set aside to marinate for 10 minutes.
2. Heat a grill pan or skillet over medium-high heat. Add shrimp and cook 2-3 minutes per side until pink and opaque. Remove and set aside.
3. In the same pan, add remaining 1 tbsp olive oil and sauté garlic for 30 seconds until fragrant.
4. Add zucchini and bell peppers, season with salt and pepper, and cook for 5-7 minutes until tender but still crisp.
5. Return shrimp to the pan, toss with vegetables to combine and warm through for 1 minute.
6. Sprinkle chopped parsley over the dish and serve immediately.

powered by dishgen