🦐 Lemon-Garlic Shrimp & Zucchini over Brown Rice or Quinoa

Serves 2

📝 Ingredients

- 160g cooked **brown rice** (or **quinoa**, if preferred)
- 190g **peeled raw shrimp** (thawed if frozen)
- 1 medium **zucchini** (about 170g), halved lengthwise and sliced
- 2 cloves **garlic**, minced
- 1 tbsp **olive oil**
- Juice of **1 lemon** (about 2 tbsp)
- 1 tsp **white miso**
- ½ tsp **lemon zest**
- Pinch of **shichimi togarashi** (or crushed red pepper flakes)
- **Salt and pepper**, to taste
- 1 tbsp **chopped parsley** (optional)

🔪 Instructions

1. **Cook the rice or quinoa**
   - If using brown rice, cook according to package directions. If using quinoa, rinse thoroughly and cook in a 2:1 ratio of water to quinoa. Set aside and keep warm.
2. **Sauté garlic and zucchini**
   - Heat **1 tbsp olive oil** in a large nonstick skillet over **medium heat**.
   - Add garlic and sauté for about **30 seconds** until fragrant.
   - Add zucchini and cook for **4–5 minutes**, stirring occasionally, until lightly browned and just tender.
3. **Add shrimp and miso mixture**
   - In a small bowl, whisk together **lemon juice**, **white miso**, and **lemon zest** until the miso dissolves.
   - Push zucchini to one side of the pan and add shrimp.
   - Cook shrimp for **1–2 minutes per side**, or until pink and opaque.
   - Pour in the miso-lemon mixture and stir everything together to coat well. Let simmer for **30 seconds** to blend flavors.
4. **Season and serve**
   - Add a **pinch of shichimi togarashi**, then taste and adjust seasoning with **salt and pepper**.
   - Spoon shrimp and zucchini over rice or quinoa.
   - Garnish with **chopped parsley** if desired, and serve immediately.

🍱 Nutritional Breakdown (per serving, with brown rice)

Approximate values for 1 of 2 servings:

Nutrient	Amount
Calories	420 kcal
Protein	28 g
Total Fat	14 g
Saturated Fat	2 g
Carbohydrates	45 g
Sugars	4 g
Fiber	4.5 g
Sodium	~540 mg*

*Note: Sodium includes the miso (approx. 240–300 mg), shrimp (naturally salty), and added salt. If using **quinoa instead of rice**, carbs decrease to ~38g, protein increases slightly, and fiber increases to ~5.5g.