

# Honey Garlic BBQ Shrimp



prep time  
15 minutes



total time  
25 minutes



servings  
6

## Ingredients

- 2 pounds/900 grams of shrimp, shell off, tail on ~ 23.5 servings of protein
- 1/4 cup coconut aminos or low sodium soy sauce
- 3 tablespoons honey ~ 3 servings of carb (not technically on template)
- 4 cloves garlic, minced or grated
- 2 tablespoons gochujang (or sriracha chili paste)
- 1 tablespoon toasted sesame oil ~ 1 serving of fat
- Juice of half a lemon

## Citrus Butter

- 2 tablespoons ghee or butter, at room temperature ~ 2 servings of fat
- 1/3 cup fresh orange juice (Since this juice is spread across the entire batch there is no need to worry about the carb serving).
- 1/4 cup fresh lemon juice
- 1/4 cup fresh cilantro, roughly chopped
- 1 fresno pepper, sliced

# simple appetizer

## Instructions

- 1 In a large ziplock bag, combine the coconut aminos or soy sauce, honey, garlic, gochujang (or sriracha chili paste), sesame oil, and lemon juice. Add the shrimp, seal the bag and toss to coat. If desired, you can marinate the shrimp for up to 24 hours.
- 2 To make the citrus butter: In a small saucepan, combine the ghee/butter, orange juice, and lemon juice and cook over medium heat until the sauce is melted and smooth. Remove from the heat and stir in the cilantro and chiles.
- 3 Preheat an outdoor grill or grill pan to high.
- 4 Thread the 4-5 shrimp on skewers and grill each skewer for 2 minutes per side or until the shrimp is cooked through.



- 5 Arrange the skewers on a platter or plate and serve drizzled with the citrus butter and top with sesame seeds and cilantro. Enjoy!

Whole Recipe Breakdown:  
23.5 servings of protein  
3 servings of carb  
3 servings of fat  
0 servings of veggies