

Introduction

Honey Garlic Shrimp, Sausage & Broccoli is a delightful dish that combines the sweetness of honey with the savory flavors of garlic and soy sauce, making it a favorite among seafood and sausage lovers alike. This dish is not only easy to prepare but also provides a perfect balance of protein and vegetables, ensuring a nutritious and satisfying meal. Whether you're serving it for family dinner or meal prepping for the week, this recipe is sure to impress.

Detailed Ingredients

Honey

1/2 cup honey

Soy sauce

1/4 cup soy sauce

Ginger

1 teaspoon ginger

Garlic powder

1/2 teaspoon garlic powder

Minced garlic

1 teaspoon minced garlic

Crushed red pepper

1/4 teaspoon crushed red pepper

Shrimp

1 lb shrimp, deveined

Broccoli florets

3 cups broccoli florets

Smoked sausage

1 pack smoked sausage, sliced

Olive oil

2 tablespoons olive oil

Butter

2 tablespoons butter

Cornstarch

1 teaspoon cornstarch

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 10 minutes

Total Time: 25 minutes

Yield: 4 servings

Detailed Directions and Instructions

Prepare the marinade

In a small bowl, whisk together the honey, soy sauce, ginger, garlic powder, minced garlic, and crushed red pepper. This mixture will serve as the flavor base for your shrimp and sausage, providing a rich and sweet taste that enhances each ingredient. Set aside 1/3 of the marinade for the shrimp and reserve the remaining sauce for later.

Marinate the shrimp

Take the shrimp and place them in a separate bowl. Pour 1/3 of the prepared marinade over the shrimp, ensuring they are well coated. Cover the bowl with plastic wrap or a lid and refrigerate. Allow the shrimp to marinate for at least 30 minutes so that they absorb all the delicious flavors.

Prepare the cornstarch sauce

While the shrimp is marinating, take the remaining marinade that you set aside and whisk the cornstarch into it. This will help to thicken the sauce when it's added to the skillet later, creating a beautiful glaze that clings to the shrimp, sausage, and broccoli.

Cook the broccoli

Heat a large skillet over medium-high heat and add the olive oil. Once the oil is hot, add the broccoli florets. Cook for approximately 5 minutes, stirring occasionally, until the broccoli is tender yet still vibrant and crisp. Remove the broccoli from the skillet and set it aside. This step enhances the flavor and texture of the broccoli, ensuring it retains its bright green color and nutrients.

Cook the shrimp and sausage

In the same skillet, reduce the heat to medium and add the butter. Allow it to melt completely. Once melted, add the marinated shrimp and sliced smoked sausage to the skillet. Cook for about 2 minutes on each side, or until the shrimp turns pink and curls into a “C” shape. This indicates they are perfectly cooked and ready to soak up the remaining flavors.

Add the sauce

After the shrimp and sausage have cooked, pour the cornstarch sauce directly into the skillet. Allow it to simmer for 2-3 minutes. As it cooks, the sauce will thicken, enveloping the shrimp and sausage in a glossy, flavorful coating. Be sure to keep stirring gently to prevent burning and ensure even coverage.

Combine everything

Once the sauce has thickened, add the cooked broccoli back into the skillet. Gently toss all the ingredients together until they are well coated with the thick honey garlic sauce. This marrying of flavors ensures that each bite is packed with deliciousness, combining the sweetness from the honey, the savoriness of the sausage, and the healthiness of the broccoli.

Serve

Serve the Honey Garlic Shrimp, Sausage & Broccoli hot over a bed of rice or noodles. For those who prefer a lighter option, it can also be enjoyed on its own without any additional carbs. Make sure to drizzle any remaining sauce from the skillet over the top for extra flavor.

Notes

If you want to vary the flavors

Feel free to experiment with different herbs and spices. Adding fresh cilantro or sesame seeds can bring additional flavor and texture to the dish.

Storage instructions

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Gently reheat in the microwave or on the stove over low heat, adding a splash of water or broth to keep it moist.

Low-carb option

For a low-carb alternative, substitute the honey with a sugar-free syrup or use a sugar substitute to reduce overall carbohydrates.

Cook techniques

Marinating

Marinating the shrimp is crucial as it enhances the flavor profile of the dish. A brief period in the marinade allows for the ingredients to fully infuse the shrimp with flavor.

Sautéing

Sautéing the ingredients ensures an even cook and helps to bring out the delicious caramelization of the garlic and honey, adding depth to the overall flavor.

Simmering

Simmering the sauce with cornstarch thickens the mixture, allowing it to cling better to the shrimp, sausage, and broccoli. This technique creates a luscious

glaze that elevates the dish.

FAQ

Can I use frozen shrimp for this recipe?

Yes, you can use frozen shrimp. Just be sure to thaw them completely before marinating to allow for even absorption of flavors.

What can I substitute for broccoli?

If you don't have broccoli on hand, feel free to substitute it with asparagus, bell peppers, or snap peas, which will provide a similar crunch and flavor.

Is this dish spicy?

The crushed red pepper adds a mild heat to the dish, but it's adjustable. If you prefer less spice, you can omit it or reduce the amount used.

Can I make this dish ahead of time?

Yes, you can prepare the shrimp and sausage ahead of time, but it's best to cook the broccoli fresh to retain its texture.

Conclusion

Honey Garlic Shrimp, Sausage & Broccoli is the perfect dish for busy weeknights or even entertaining friends and family. Its quick preparation and robust flavors make it a standout choice for anyone looking to enjoy a delectable meal in no time. The harmonious blend of sweet and savory, combined with tender shrimp and juicy sausage, ensures that this dish will be a hit around the dining table.

More recipes suggestions and combination

Honey Garlic Chicken

If you enjoy the flavors found in this dish, try substituting shrimp with chicken. The marinade pairs perfectly with chicken breasts or thighs, yielding a similarly delicious result.

Vegetarian variation with Tofu

For a vegetarian option, replace the shrimp and sausage with firm tofu. Marinate and cook it in the same manner to absorb all the flavors.

Serve with Fried Rice

Pair this dish with a simple fried rice for a complete meal. Use day-old rice and sauté with some veggies to elevate your dining experience.

Honey Garlic Salmon

For a seafood twist, replace the shrimp with salmon fillets. The marinade will glaze the salmon beautifully, offering another delightful equal to this recipe.

Pair with a Fresh Salad

Serve alongside a crisp side salad dressed with a light vinaigrette to balance the flavors of the main dish, providing a refreshing contrast to the sweet and savory elements.

With these variations and combinations, you can continually enjoy the delightful taste of honey garlic flavors in multiple kinds of dishes!