

Spicy Garlic Shrimp

Ingredients:

- 1 lb large shrimp, peeled and deveined
- 2 tablespoons extra virgin olive oil
- 6 cloves garlic, minced
- ½ teaspoon crushed red pepper flakes (adjust to your spice preference)
- ½ teaspoon smoked paprika (optional, for a smoky depth)
- ¼ teaspoon ground cumin (optional, for a touch of warmth)
- Salt and freshly ground black pepper, to taste
- 2 tablespoons lime juice (about 1 lime)
- 2 tablespoons fresh cilantro, chopped (for garnish)
- Lime wedges (optional, for serving)

Method:

1. **Prepare the Shrimp:** Pat the shrimp dry with paper towels to remove any excess moisture. This will help them sear better in the pan. Season the shrimp with a pinch of salt and black pepper.

2. **Cook the Garlic and Spices:** Heat the olive oil in a large skillet over medium-high heat. Once hot, add the minced garlic and cook for 30-60 seconds, stirring constantly, until fragrant and golden but not burned. Be careful, as garlic can burn quickly.

Add the crushed red pepper flakes, smoked paprika, and cumin (if using), and stir for another 15-20 seconds, allowing the spices to bloom in the oil.

3. **Cook the Shrimp:** Add the shrimp to the skillet in a single layer. Cook for 2-3 minutes on one side, until the shrimp turn pink and opaque. Flip the shrimp and cook for another 1-2 minutes on the other side, until fully cooked. Be careful not to overcook the shrimp, as they can become tough.

4. **Finish the Dish:** Once the shrimp are cooked through, squeeze fresh lime juice over the top and give everything a quick toss to coat. Taste and adjust seasoning with more salt, pepper, or red pepper flakes, if desired.

5. **Serve:** Remove from heat and transfer the shrimp to a serving platter. Garnish with freshly chopped cilantro and serve with lime wedges on the side for extra zing. Enjoy on its own, over a bed of rice or pasta, or with a side of roasted vegetables.

Fat-Burning Meal Tip: According to the Diet Free Life methodology, shrimp serves as your protein portion. Enjoy it as you like, but for a **fat-burning meal**, pair it with any type of rice (fast carb) and a slow carb of your choice, such as broccoli, Brussels sprouts, or beans.