



Lemon Garlic Shrimp with Chickpeas

Are you searching for an easy, healthy, and flavor-packed dinner that comes together in no time? Meet your new weeknight favorite: [Lemon Garlic Shrimp with Chickpeas!](https://www.recipejoyful.com/lemon-garlic-shrimp-with-chickpeas/)

Imagine succulent shrimp sautéed with golden garlic, tossed with creamy chickpeas, all bathed in a bright, lemony sauce. It's a one-pan meal that's big on taste, light on effort, and guaranteed to brighten your dinner table. Plus, it's loaded with protein, fiber, and Mediterranean-inspired goodness—ready in just 30 minutes.

Read on to discover why this simple shrimp and chickpea recipe is about to become a staple in your home.

Why You'll Love This Recipe

- **Quick & Easy:** Dinner is served in 30 minutes flat.
- **One Pan Clean-Up:** Minimal dishes for maximum flavor.
- **Fresh & Flavorful:** Lemon, garlic, herbs, and a hint of spice.
- **Nutrient-Rich:** High in protein and fiber, naturally gluten-free.
- **Versatile:** Perfect over rice, greens, or with your favorite bread.
- **Meal-Prep Friendly:** Tastes great the next day for lunch or dinner.

Ingredients

For the Shrimp and Chickpeas

- **1 pound large shrimp**, peeled and deveined
- **2 tablespoons olive oil** (extra virgin)
- **1 can (15 oz) chickpeas**, drained and rinsed
- **4 garlic cloves**, minced (about 2 tablespoons)
- **1 teaspoon smoked paprika**
- **½ teaspoon red pepper flakes** (optional)
- **1 teaspoon kosher salt**
- **½ teaspoon freshly ground black pepper**
- **Zest of 1 lemon**
- **Juice of 2 lemons** (about ¼ cup)
- **¼ cup low-sodium chicken or vegetable broth** (or water)
- **2 tablespoons fresh parsley**, chopped
- **1 tablespoon fresh dill**, chopped (optional)
- **Lemon wedges**, for serving

Optional Garnishes

- Extra parsley or dill
- Crumbled feta cheese
- Drizzle of olive oil

Step-by-Step Instructions

1. Prepare the Shrimp

Pat the shrimp dry and season lightly with salt and pepper.

2. Sauté the Shrimp

Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add shrimp in a single layer and cook for 1–2 minutes per side, until just pink and opaque. Remove shrimp to a plate.

3. Sauté Garlic and Spices

Reduce heat to medium. Add remaining 1 tablespoon olive oil and the minced garlic to the skillet. Sauté for about 30 seconds, until fragrant. Stir in smoked paprika and red pepper flakes.

4. Add Chickpeas and Lemon

Add chickpeas, lemon zest, salt, and pepper. Sauté for 2–3 minutes, letting the chickpeas get slightly golden.

Pour in lemon juice and broth. Simmer for 2–3 minutes to let flavors meld and some liquid reduce.

5. Combine and Finish

Return shrimp and any juices to the skillet. Toss everything together, coating shrimp and chickpeas in the lemony sauce. Turn off heat and sprinkle with parsley and dill.

6. Serve

Serve hot, garnished with extra lemon wedges, herbs, or feta as desired.

Serving Suggestions

This [Lemon Garlic Shrimp with Chickpeas](https://www.recipejoyful.com/lemon-garlic-shrimp-with-chickpeas/) is wonderfully versatile. Try it:

- **Over fluffy rice or quinoa**
- **On a bed of baby greens**
- **With warm, crusty bread**
- **Tossed with pasta or orzo**
- **Stuffed in pita bread with a swipe of hummus**
- **Topped with feta cheese**