

Creamy Garlic Shrimp with Yogurt Cheese Sauce

A rich and creamy shrimp dish featuring a luscious garlic-infused yogurt cheese sauce. This flavorful main dish combines tender shrimp with a smooth, cheesy texture perfect for a comforting meal.



Main Dish

20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 100g shrimp, peeled and deveined
- 50ml milk
- 2 tbsp plain yogurt
- 50g cream cheese (or any soft cheese)
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add minced garlic and sauté until fragrant, about 1 minute.
- 3 Add shrimp to the pan, season with salt and pepper, and cook until pink and opaque, about 3-4 minutes.
- 4 In a separate bowl, mix cream cheese, yogurt, and milk until smooth.
- 5 Pour the cheese and yogurt mixture into the pan with shrimp.
- 6 Stir gently and cook for another 2-3 minutes until sauce thickens slightly.
- 7 Adjust seasoning with salt and pepper.
- 8 Garnish with fresh parsley if desired and serve warm.