Shrimp, Sweet Corn and White Bean Skillet

2 bowls of shrimp, corn and white beans | Active 15 min | Cook 20 min | Total 35 min

Ingredients

- 12 oz large raw shrimp, peeled, deveined and tails removed (340 g edible shrimp)
- 1 tablespoon olive oil (15 ml)
- 1 small onion, finely diced (80 g)
- 2 garlic cloves, minced (6 g)
- 1 1/2 cups sweet corn kernels, fresh or frozen (225 g)
- 1 1/2 cups canned cannellini beans, drained and rinsed (240 g)
- 1/2 cup reduced-sodium vegetable broth (120 ml)
- 1/2 teaspoon smoked paprika (1 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon ground black pepper (0.5 g)
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons chopped fresh parsley (8 g)

Set out

12-inch/30 cm skillet with lid, Colander, Clean kitchen towel or paper towel, Wide spatula, Food thermometer

Allergens

Shellfish (shrimp); check broth label for additional allergens. Check labels and substitutions.

Make it

1. Pat thawed, peeled shrimp dry and keep chilled while preparing the vegetables.

2. Heat oil in the skillet over medium heat. Cook onion for 5–6 minutes until softened. Add garlic and paprika; stir for 30 seconds.

3. Add corn and cook for 3 minutes. If frozen, complete any longer full cooking required by its packet before adding the shrimp, using the measured broth if needed to prevent catching. Fold in beans, broth, salt and pepper; simmer gently for 3–4 minutes until steaming, keeping the beans mostly intact.

4. Arrange shrimp in the hot mixture, cover and cook for 3–5 minutes, turning shrimp once, until centers are pearly and opaque and reach 145°F/63°C. If the mixture looks too wet, briefly uncover while checking the shrimp; do not keep cooking finished shrimp to reduce the sauce.

5. Remove from heat, fold in lemon juice and parsley, and divide equally between two broad bowls.

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Estimated nutrition per serving

Calories: 465 kcal | Protein: 47.6 g | Carbohydrate: 53.0 g | Fat: 9.7 g | Fiber: not estimated. One of 2 servings. Batch yield: 2 bowls of shrimp, corn and white beans. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

A short dinner with a clear shopping list

Shrimp, one can of beans and frozen corn can cover most of this meal, but the cooking sequence still matters. Set the lemon and chopped parsley beside the stove before adding shrimp. That way the final steps stay short, which is especially useful when you arrive hungry and want dinner soon.

A useful detail

The stated shrimp weight is after peeling. Buy more if your package includes shells or tails; use the edible weight rather than the label’s whole-package weight for consistent portions. Follow the full frozen-corn packet preparation if it exceeds this skillet time; allow that extra time before the shrimp stage.

Another way

Replace corn with 225 g diced zucchini; cook it for 5–6 minutes before adding beans and broth.

Use 240 g drained canned butter beans instead of cannellini; fold them especially gently.

Keep it well

Refrigerate leftovers in shallow containers within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 2 days. Reheat to 165°F/74°C, avoiding repeated warming; shrimp will become firmer. Keep raw shrimp separate from ready-to-eat foods and follow its package use-by instructions.