Prawn and Sweetcorn Couscous

2 bowls, each with half the prawns, sweetcorn, pepper and couscous · Active 25 min · Total 40 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 10 1/2 oz raw peeled deveined prawns/shrimp, thawed and drained (300 g edible)
- 1/2 cup plus 1 tablespoon quick plain couscous (100 g dry)
- 2/3 cup drinking water (150 ml), or the couscous packet amount
- About 1 cup canned sweetcorn, well drained (160 g)
- 1 red bell pepper, stem and seeds removed, finely diced (150 g prepared)
- 1/2 small onion, finely diced (60 g)
- 2 teaspoons olive oil (10 ml/about 9 g)
- 1 tablespoon plus 1 teaspoon lemon juice (20 ml/about 20 g)
- 1 tablespoon finely chopped parsley (5 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/8 teaspoon black pepper (0.3 g)

Set out

28 cm/11-inch skillet, Heatproof couscous bowl with cover, Kettle, Fork and spatula, Sieve, Separate raw-seafood board, Knife, Kitchen scale, 2 serving bowls

Allergens

Crustacean shellfish, Wheat; check couscous and prawn packaging for additional allergens or additives. Check labels and substitutions.

Make it

1. Keep thawed raw prawns refrigerated while preparing vegetables. Put couscous in the heatproof bowl. Pour over 150 ml boiling water, or the amount its packet requires, cover and leave for the packet time, usually 5–10 minutes. Fluff with a fork.

2. Heat oil in the skillet over medium heat. Cook onion and pepper for 7–9 minutes, stirring, until softened. Add drained corn and heat for 2 minutes.

3. Add the drained raw prawns in one layer and cook for about 3–5 minutes, turning, until their flesh is pearly and opaque throughout with no glassy centers. Clean raw-seafood equipment and wash hands.

4. Take off the heat and stir in lemon, parsley, salt and pepper. Fold through the couscous and divide the prawns and grain mixture evenly between 2 bowls. Serve promptly.

A useful kitchen skill

Distinguish raw from already cooked seafood on the package, then use the opaque-flesh cue for the raw prawns in this method rather than copying a reheating time.

A useful detail

The 40-minute total starts with prawns already thawed safely in the refrigerator. The estimate uses raw peeled shrimp and dry couscous. Ready-cooked prawns need a different heating sequence and their own composition record.

Keep it well

Refrigerate promptly in shallow containers at 40°F/4°C or below, within 2 hours or 1 hour above 90°F/32°C. Use within 2 days. Reheat only the needed portion to 165°F/74°C throughout, adding a small amount of drinking water to loosen the couscous if needed; prawns will firm further.