

ONE-PAN SPANISH CHORIZO WITH SHRIMP & CORN

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COOK TIME: 30mins

SERVES: 4

CALORIES: 329 kcal (PER SERVING)

INGREDIENTS

300 g shrimp, peeled and deveined
100 g spicy Spanish chorizo, sliced
1 large red bell pepper, thinly sliced
1 ear of corn, cut crosswise into 8 pieces
1 small onion, finely chopped
5 garlic cloves, minced
2 tbsp olive oil
1 tbsp unsalted butter
100 g tomato paste
600 ml chicken broth
1 tbsp lemon juice
1/2 tsp sweet paprika
1 tsp each: black pepper, salt, oregano, smoked
paprika
1/2 tsp red pepper flakes, more to taste
2 tbsp chopped chives, for serving

DIRECTIONS

Heat oil and butter in a large skillet, over medium high heat. Place the shrimp in a single layer, season with sweet paprika, a pinch of salt and black pepper. Sear for 1 minute. Flip and sear the other side, 1 minute. Transfer to a plate.

Add chorizo to the skillet, cook for 1-2 minutes. Add onion and garlic, sauté for 1 minute, or until fragrant. Add bell pepper, cook for 5 minutes, until it starts to soften. Stir in tomato paste and add bay leaf. Season with oregano, smoked paprika, red pepper flakes and the remaining salt and black pepper.

Pour in chicken broth, stir to combine and bring to a boil. Place corn in the skillet and let everything simmer for 10 minutes. Sprinkle with lemon juice, add shrimp back to the skillet and let simmer for 1-2 minutes. Adjust salt and pepper to your own taste. Finish off with chopped chives.

Serve with rice or bread. Enjoy!

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