

Grain Bowl with Blackened Shrimp Avocado and Black Beans

Oscar · 28/09/2024



Prep Time

1 hr 10 mins

Difficult

Medium

Servings

4

Description

This blackened shrimp salad bowl is big and bold in flavor and makes for a lowcalorie meal packed with shrimp brown rice corn crisp bell pepper black beans and avocado Easy to create with ingredients you probably already have in your kitchenpantry If you prefer to serve burritostyle just heat up some flour tortillas and wrap it all up Either way its delish

Ingredients

- - 1 ? cups water - ½ cup dirty rice mix (such as Zatarain's® Dirty Brown Rice) - 1 pound large shrimp
- peeled and deveined - 1 tablespoon chili powder - 2 teaspoons paprika - 1 ½ teaspoons cumin - 1 teaspoon onion powder - 1 teaspoon salt - ¼ teaspoon ground black pepper - 2 tablespoons olive oil - 1 (15 ounce) can corn
- drained - 1 red bell pepper
- diced - ¼ cup chopped fresh cilantro - 1 lime
- juiced - 1 tablespoon olive oil - 1 avocado - ¼ cup chopped fresh cilantro - ¼ cup plain Greek yogurt (such as Chobani®) - 1 clove garlic - 3 tablespoons olive oil - ½ teaspoon salt - ¼ teaspoon ground black pepper - 1 (15 ounce) can black beans
- drained - 1 avocado
- sliced - 1 lime
- cut into wedges

Instructions

1. Combine water and dirty rice mix in a saucepan and bring to a boil. Reduce heat to low and cover. Cook until water is absorbed
2. about 45 minutes. Remove from heat and let stand 5 minutes. Fluff rice with a fork and set aside until needed. While rice is cooking
3. combine shrimp
4. chili powder
5. paprika
6. cumin
7. onion powder
8. salt
9. and black pepper in a bowl. Heat oil in a medium cast iron skillet over medium-high heat. Add shrimp and cook until no longer pink
10. about 2 minutes per side. Mix corn
11. red bell pepper
12. cilantro
13. lime juice
14. and olive oil together in a bowl to make corn salad. Combine avocado
15. cilantro
16. yogurt
17. garlic
18. olive oil
19. salt
20. and black pepper in a food processor. Pulse until dressing is smooth. Assemble bowls by dividing cooked rice
21. cooked shrimp
22. corn salad
23. black beans
24. and sliced avocado evenly. Drizzle with dressing and garnish with lime wedges. Cook's Notes: Add more oil (or water) a little bit at a time to the dressing if you desire a smoother consistency. If prepping in advance
25. add sliced avocado and dressing just before serving.