

Lemony Shrimp and Bean Stew

Serves 4

- 1 tsp fresh lemon zest and 2 T juice
- 1 tsp sweet or smoked paprika
- 2 garlic cloves, grated
- Kosher salt and black pepper
- 450 g peeled, deveined large shrimp (tails removed)
- 56 g unsalted butter
- 2 large leeks, trimmed, then halved lengthwise, white and light green parts sliced crosswise ½-inch thick (or 1 large onion, minced)
- 1 (400-g) can cannellini beans or other white beans, rinsed
- 480 ml chicken stock or vegetable stock*
- 2 T finely chopped fresh parsley (optional)
- Toasted bread, for serving (optional)
- Penne rigate (optional)



1. Combine **lemon zest**, **paprika**, **garlic**, ¾ **tsp salt** and ¾ **tsp pepper** in a medium bowl.
2. Add **shrimp** and toss to coat.
3. In a large pot, melt **butter** over medium-high heat. When butter is foaming, add **shrimp** and cook, stirring occasionally, until pink and starting to curl, 2 to 3 minutes. Using a slotted spoon, transfer shrimp to a plate; set aside.
4. Add **leeks**, season with **salt** and **pepper**, and cook over medium until leeks are soft and starting to brown on the edges, 4 to 5 minutes, stirring occasionally.
5. Add **beans** and **chicken broth** and bring to a boil over high. Lower heat and simmer, 8 to 10 minutes.
6. Stir in reserved shrimp and any juices from the plate, **parsley** and **lemon juice**, and season with **salt** and **pepper**.
7. Serve with toasted bread.

Notes:

Use white fish, seared scallops
Add spinach
Use over spaghetti or rigatoni
Good olive oil at end

* Make a quick shrimp stock with shrimp shells to use in place of chicken stock: 1 T veg oil warmed in pan, add shells and sauté for 3 min. Add 60 ml dry white wine and 420 ml water to pan with celery leaves and lemon peel if you have. Simmer for 10 min.