

Fresh Corn & Shrimp Pasta

フレッシュコーンとエビのパスタ

Serves 4

Ingredients

Garlic-Lemon Breadcrumbs

- 2 T / 28 g olive oil オリーブオイル
- 1 garlic clove (5 g), minced にんにく
- 30 g panko breadcrumbs パン粉
- 1 tsp lemon zest レモンの皮
- 1/4 tsp red pepper flakes 赤唐辛子

Pasta & Corn Sauce

- 340 g penne rigate (or orecchiette, fusilli, shells) ペンネ
- 6 ears fresh corn yielding 650–700 g kernels OR 700 g frozen corn kernels
とうもろこし
- 3 T / 42 g unsalted butter 無塩バター
- 60 g Parmesan cheese, grated パルメザンチーズ
- 20–25 g fresh basil, torn バジル
- Zest of 1 lemon レモンの皮
- 1/2 tsp salt + pinch MSG 塩+MSG

Shrimp

- 400 g raw shrimp, peeled and deveined えび
- 1 tsp / 5 g olive oil オリーブオイル
- 1/4 tsp salt + pinch MSG 塩+MSG
- Black pepper 黒こしょう



Instructions

1. Cut the kernels from the corn. Scrape the cobs with the back of a knife to collect the corn milk.
2. Reserve about 1 cup (160 g) of kernels. Place the remaining kernels and corn milk into a blender.
3. Blend until very smooth. If using frozen corn, add about 60 ml water during blending.
4. Prepare the **breadcrumbs**. Heat **olive oil** in a skillet, sauté **garlic** briefly, add **panko** and **pepper flakes**, and cook until golden. Stir in **lemon zest** and set aside.
5. Bring a large pot of water to a boil. Cook pasta until al dente. Reserve 360 ml pasta water before draining.
6. Season **shrimp** with **olive oil**, **salt + MSG**, and **pepper**.
7. Air fry shrimp at **190°C** for **4–5 minutes** until just cooked through.
8. Place the corn puree in a large skillet or Dutch oven. Stir in **butter** over **low heat**.
9. Add **Parmesan** and the reserved **corn kernels**.
10. Add the **pasta** and about **240 ml pasta water**. Stir until coated in a creamy sauce.
11. Add more pasta water as needed to achieve a silky consistency.

12. Fold in **basil**, **lemon zest**, and **shrimp**.
13. Taste and adjust seasoning.
14. Serve immediately topped with the garlic-lemon breadcrumbs.

Notes

- The corn puree creates a naturally creamy sauce without heavy cream.
- Fresh basil is a major flavor component—use generously.
- Penne is an excellent substitute when orecchiette is unavailable.
- The sweetness of the corn and shrimp is balanced by lemon, Parmesan, and basil.

Fresh vs Frozen Shrimp

- Fresh shrimp: Pat dry and cook as directed.
- Frozen raw shrimp: Thaw in cold water for 15–20 minutes, drain thoroughly, and pat very dry before cooking.
- Frozen cooked shrimp: Not recommended. If used, add only at the very end to avoid overcooking.

Corn Options

- Fresh corn is preferred when available.
- Frozen corn works very well and is the recommended substitute.
- Do not use canned corn for this recipe.

Serving Suggestions

- Serve with a simple green salad and lemon vinaigrette.
- Excellent for a summer dinner party.
- Pair with Mixed Berry Cobbler and vanilla ice cream for dessert.

Nutrition (Approximate)

Per Serving

Kcal total: 690 | Protein: 38 g | Fat: 22 g | Sat Fat: 8 g | Carbs: 83 g | Sugars: 11 g | Fiber: 6 g | Sodium: 430 mg | Omega-3: 0.3 g