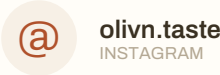


SEAFOOD · DINNER · QUICK · BEANS · MEDITERRANEAN

# Smoky Paprika Shrimp with White Bean Mash



Creamy rosemary white bean mash topped with smoky paprika shrimp, blistered tomatoes and lemon.

|                |                |             |               |
|----------------|----------------|-------------|---------------|
| PREP<br>15 min | COOK<br>25 min | SERVES<br>4 | LEVEL<br>Easy |
|----------------|----------------|-------------|---------------|

## Ingredients

17 ITEMS

### FOR THE BEAN MASH

|                  |              |          |              |
|------------------|--------------|----------|--------------|
| Cannellini beans | 2 400 g cans | Shallot  | 1 small      |
| Garlic           | 1 clove      | Rosemary | 1 teaspoon   |
| Stock            | 120 ml       | Butter   | 25 g         |
| Olive oil        | 1 tablespoon | Salt     | 0.5 teaspoon |

### FOR THE SHRIMP

|                 |               |                |               |
|-----------------|---------------|----------------|---------------|
| Shrimp          | 500 g         | Smoked paprika | 2 teaspoons   |
| Garlic          | 2 cloves      | Olive oil      | 2 tablespoons |
| Cherry tomatoes | 250 g         | Lemon          | 1             |
| Salt            | 0.5 teaspoon  | Black pepper   | 0.25 teaspoon |
| Parsley         | 3 tablespoons |                |               |

## Method

6 STEPS

- 1 Warm 1 tablespoon of the olive oil in a saucepan over medium heat. Cook the shallot for 4 minutes, then add the garlic and rosemary and cook for 30 seconds more.
- 2 Add the cannellini beans, stock, and salt. Simmer for 6 minutes, then crush the beans with a potato masher. Stir in the butter and keep the mash warm; it should be creamy but still a little textured.

- 3 Pat the shrimp dry. Toss with the smoked paprika, grated garlic, half of the olive oil, salt, and black pepper.
- 4 Heat the remaining olive oil in a large frying pan over high heat. Add the cherry tomatoes and cook for 4 minutes, until blistered. Transfer them to a plate.
- 5 Add the shrimp in a single layer and sear for 90 seconds per side, until pink and just opaque. Return the tomatoes, add the zest and juice of half the lemon, and toss for 30 seconds.
- 6 Spoon the white bean mash onto plates, top with the shrimp and tomatoes, then finish with the parsley, rosemary oil from the pan, and lemon wedges.