

## Pan Blackened Shrimp and Asparagus: Easy & Flavorful Skillet Meal

Get ready for a vibrant, incredibly flavorful, and unbelievably quick meal with this



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

- 1 lb (450g) large shrimp, peeled and deveined
- 1 teaspoon chili powder
- 2 teaspoons paprika (smoked paprika recommended)
- 1 teaspoon onion powder
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1 teaspoon salt
- 1/4 teaspoon freshly cracked black pepper
- 2 tablespoons olive oil, divided
- 1 tablespoon unsalted butter (or olive oil)
- 1 1/2 lb (700g) asparagus (1 or 2 clusters), rinsed and trimmed (tough ends snapped off)
- 1/4 cup (60ml) vegetable stock
- 1 tablespoon hot sauce (optional, Sriracha works well)
- 1 tablespoon lemon juice
- Lemon slices, red pepper flakes, fresh chopped parsley, for garnish (optional)

#### Swaps and Notes:

**Shrimp:** Large shrimp work best for this recipe. You can use shrimp with or without tails. Buying shrimp already peeled and deveined saves time. If using frozen, ensure they are fully thawed and patted very dry.

**Spice Blend:** The listed spices create a fantastic "blackened" flavor. You can use a pre-made Cajun Blackening Seasoning to save time, but check its

salt content. Adjust chili powder and hot sauce for your preferred spice level. Smoked paprika adds a richer, deeper flavor than regular paprika.

Olive Oil/Butter: The combination provides a good sear and richness. You can use all olive oil for a dairy-free option.

Asparagus: Choose asparagus spears that are not too thin (which can overcook quickly) or too thick (which might need blanching). Snapping off the tough woody ends is essential.

Vegetable Stock: Low-sodium vegetable stock is recommended. Chicken broth can be substituted.

Hot Sauce: Sriracha adds a garlicky heat. Any favorite hot sauce will work. Adjust to taste or omit.

Lemon Juice: Freshly squeezed lemon juice brightens the flavors significantly.

## DIRECTIONS

1. Let's get this delicious : Pan Blackened Shrimp and Asparagus cooked in your skillet!
2. Season the : Shrimp: In a large bowl, combine the 1 lb (450g) large shrimp, chili powder, paprika, onion powder, cumin, garlic powder, salt, and freshly cracked black pepper. Toss well to ensure all the shrimp are thoroughly coated with the spice mixture. Set aside.
3. Cook the : Shrimp: In a medium-sized skillet (a well-seasoned cast iron or non-stick pan works great) over medium-high heat, add 1 tablespoon of olive oil. Once the oil is hot and shimmering, add the seasoned shrimp in a single layer. Cook for about 2-3 minutes per side, or until the shrimp are beautifully browned, cooked through (pink and opaque), and have a lovely crust. Be careful not to overcook them, as shrimp cook very quickly and can become rubbery. Remove the cooked shrimp to a shallow plate and set aside.
4. Prepare : Pan for Asparagus: In the same pan, if there are too many dark "brown chunks" from the shrimp seasoning that look like they might burn (which can make the next ingredients bitter), quickly rinse and clean the pan. Otherwise, leave the flavorful bits in the pan. Reduce the heat to medium. Add 1 tablespoon of olive oil (or butter) to the pan.
5. Cook : Asparagus Glaze: Add the vegetable stock, lemon juice, and hot sauce (if using) to the pan. Bring to a gentle simmer. Allow the sauce to reduce a bit and slightly thicken for 1-2 minutes.
6. Cook : Asparagus: Add the trimmed asparagus to the pan with the simmering sauce. Cook for roughly 4-6 minutes, rotating the asparagus regularly to coat it

in the sauce. Cook until the asparagus is tender-crisp (still has a slight bite) and bright green. Tip for Softer Asparagus: If you prefer very tender asparagus or are starting with thicker spears, you can par-blanch them in boiling water for 2 minutes, then immediately plunge into ice water to stop cooking. Drain well, then add to the pan to finish cooking as per the recipe.

7. **Combine & : Finish:** Push the cooked asparagus to one side of the pan. Add the blackened shrimp back into the pan. Squeeze a little extra lemon juice over both the shrimp and asparagus. Allow to warm through for 1-2 minutes, tossing gently to combine.
8. **Garnish and : Serve:** Remove the skillet from heat. Top generously with fresh chopped parsley, lemon slices, and crushed red pepper flakes if desired for a final touch of brightness and spice. Serve your blackened shrimp and asparagus immediately, and enjoy!

## SWAPS & NOTES

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Buying shrimp already peeled and deveined saves time. If using frozen, ensure they are fully thawed and patted very dry.

## TIPS FOR SUCCESS

**Pat Shrimp Dry:** This is crucial for achieving that "blackened" crust.

Excess moisture will steam the shrimp instead of searing it.

**Hot Pan for Shrimp:** Get your skillet hot over medium-high heat before adding the shrimp to ensure a quick sear and crispy exterior.

**Don't Overcook Shrimp:** Shrimp cooks very quickly.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

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