

## Blackened Shrimp & Rice Bowls: Your New Favorite Weeknight Meal

### Blackened Shrimp & Rice Bowls



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

1 pound large shrimp, peeled and deveined (tail on or off)  
2 tablespoons olive oil, divided  
2 teaspoons blackened seasoning (store-bought or homemade)  
1 teaspoon paprika  
1/2 teaspoon garlic powder  
1/4 teaspoon cayenne pepper (optional, for extra heat)  
Salt and freshly ground black pepper to taste  
3 cups cooked white rice (warm)  
1 cup corn (fresh, frozen, or canned, drained)  
1 (15-ounce) can black beans, rinsed and drained  
1/2 cup diced red bell pepper  
1/4 cup chopped fresh cilantro  
Lime wedges, for serving  
Optional toppings: avocado slices, sour cream or Greek yogurt, hot sauce

### DIRECTIONS

- 1. Prepare : Shrimp:** Pat the shrimp thoroughly dry with paper towels. This is crucial for a good "blackened" crust. In a medium bowl, toss the shrimp with 1 tablespoon of olive oil, blackened seasoning, paprika, garlic powder, cayenne pepper (if using), salt, and black pepper until evenly coated.
- 2. Cook : Shrimp:** Heat a large cast-iron skillet (or heavy-bottomed pan) over medium-high to high heat until it's very hot and just begins to smoke lightly. Add the remaining 1 tablespoon of olive oil. Carefully add the seasoned shrimp in a single layer, ensuring not to overcrowd the pan. Cook for 1-2 minutes per side, until the shrimp turn opaque, pink, and develop a dark, crusty "blackened" sear. Remove from the skillet immediately to prevent overcooking. Cook in batches if necessary.
- 3. Prepare : Bowl Ingredients:** While the shrimp are cooking, if your rice isn't already warm, heat it. Combine the corn, black beans, and diced red bell pepper in a separate bowl.
- 4. Assemble : Bowls:** Divide the warm cooked rice evenly among 2-4 serving bowls.
- 5. Add : Toppings:** Arrange the blackened shrimp, corn and bean mixture, and fresh cilantro over the rice in each bowl.
- 6. Garnish & : Serve:** Garnish with fresh lime wedges. Offer optional toppings like avocado slices, a dollop of sour cream or Greek yogurt, and a dash of hot sauce for an extra kick. Serve immediately.

## SWAPS & NOTES

Shrimp: Large shrimp work best for blackening as they stand up well to the high heat.

If using smaller shrimp, reduce cooking time.

You can also use chicken breast cut into cubes for a "blackened chicken" bowl.

Blackened Seasoning: Store-bought blackened seasoning is convenient.

### TIPS FOR SUCCESS

Hot Skillet is Key: For true blackening, your skillet needs to be screaming hot.

This creates that desirable dark crust quickly.

Don't Overcrowd: Cook the shrimp in batches if needed.

Crowding the pan will lower the temperature and steam the shrimp instead of blackening them.

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

Original recipe: <https://chefmaniac.com/blackened-shrimp-rice-bowls-your-new-favorite-weeknight-meal/>