

Harissa Shrimp & White Beans

9 ingredients · 20 minutes · 2 servings



Directions

1. Warm the oil in a skillet over medium heat. Add the diced tomatoes, harissa paste, and lemon zest. Stir and let it simmer for about five minutes.
2. Add the beans to the skillet, stirring and simmering for another five minutes. Add the shrimp to the pan and season with salt and pepper. Cover the pan with a lid and cook for another five minutes or until the shrimp is cooked through.
3. Top with lemon juice and parsley. Serve with toasted bread and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 1 1/2 cups.

No Harissa

Use tomato paste, paprika, and chili flakes instead.

More Flavor

Add garlic, onion, and/or bell pepper.

Gluten-Free

Use gluten-free bread instead.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 cup Diced Tomatoes (from the can, with the juices)
- 1 1/2 tbsps Harissa
- 1/2 Lemon (juiced, zested)
- 1 cup White Navy Beans (cooked, rinsed)
- 10 ozs Shrimp (peeled, deveined)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Parsley (chopped)
- 3 1/2 ozs Sourdough Bread (toasted)

