

Cilantro-Lime Shrimp Bowl

This dish has tons of flavor and texture. The cilantro–lime shrimp is tangy and fresh, with brown rice and creamy avocado to balance the intensity. The two–chile cream sauce is easy to make and brings all the flavors of this bowl dinner together.

By **Amanda Stanfield** | Updated on September 7, 2025

 Reviewed by Dietitian **Christa Brown, M.S., RDN, LD**

Active Time: 30 mins

Total Time: 30 mins

Servings: 4

Nutrition Profile:

Gut Healthy Diabetes–Friendly Nut–Free Healthy Pregnancy Soy–Free High–Fiber High–Protein Egg–Free
Gluten–Free

Ingredients

- 1 (15-ounce) can no-salt-added black beans, rinsed
- 1 cup fresh corn kernels (from 2 ears) or 1 cup thawed frozen corn
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon ground pepper, divided
- 1 (4-ounce) can Hatch chiles, undrained
- $\frac{1}{4}$ cup plain whole-milk strained yogurt (such as Greek style)
- 1 serrano chile, stemmed
- 3 tablespoons avocado oil, divided
- 1 teaspoon grated lime zest
- 4 tablespoons lime juice, divided
- 2 tablespoons finely chopped garlic, divided
- 1 pound large raw shrimp, peeled and deveined
- $\frac{1}{2}$ cup chopped fresh cilantro, plus more for garnish
- 2 cups hot cooked brown rice
- 1 avocado, sliced
- Lime wedges for serving

Directions

Step 1

Combine black beans, corn and ¼ teaspoon each salt and pepper in a medium bowl. Set aside.

Step 2

Combine Hatch chiles, yogurt, serrano, 1 tablespoon avocado oil, 1 tablespoon lime juice, ½ tablespoon garlic and ¼ teaspoon salt in a blender; process until smooth, about 1 minute. Set the yogurt sauce aside.

Step 3

Toss shrimp with the remaining 1 ½ tablespoons garlic and ¼ teaspoon each salt and pepper. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the shrimp in a single layer and cook, undisturbed, for 4 minutes. Add lime zest, cilantro and the remaining 3 tablespoons lime juice; stir to combine. Cook, stirring often, until the shrimp are opaque, 2 to 3 minutes.

Step 4

Divide rice, shrimp, black bean mixture and avocado evenly among 4 bowls and drizzle with yogurt sauce. Garnish with additional cilantro and serve with lime wedges, if desired.

Frequently Asked Questions

How should I store and reheat leftovers?

Store the leftovers in the refrigerator in an airtight container, or smaller individual containers if you plan to take the food to work. The shrimp bowl will stay good for up to 3 days. You can also freeze it in freezer-safe containers for up to 3 months, but the dish won't be as good as when freshly made. Reheat leftovers in the microwave in short bursts of 30 seconds until you reach the desired temperature.

How should I defrost frozen shrimp?

You have a few options. You can quickly thaw the shrimp by running cold water over them in a colander for about 20 minutes. Another method is to submerge the shrimp in a zip-top bag in a bowl of cold water for a couple of hours in the fridge. You can also thaw shrimp overnight in the refrigerator. Keep in mind that you may still need to run the shrimp under cold water if they haven't completely thawed.

How do I lessen the heat of a chile pepper?

If you want to lessen the heat of chile peppers, remove the seeds and veins. This is when protective kitchen gloves come in handy, but if you don't have any, be sure to wash your hands well with dishwashing liquid after touching the peppers (or gloves), and always be mindful of where your hands are so you don't touch your eyes.

What should I serve with the Cilantro-Lime Shrimp Bowl? ✓

This dish is a meal on its own, but it's even better when paired with pita or naan bread to soak up the extra juices and flavors. Depending on the season, a side of watermelon, mango or pineapple would be a refreshing addition.

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Nutrition Facts

Per serving:

Serving Size about 4 shrimp, 1/2 cup brown rice, 1/2 cup black bean mixture & 2 Tbsp. yogurt sauce
541 calories; total fat 23g; saturated fat 3g; cholesterol 145mg; sodium 672mg; total carbohydrate 55g; dietary fiber 11g; total sugars 4g; protein 27g; vitamin c 24mg; calcium 147mg; iron 3mg; potassium 858mg

Additional reporting by Carrie Myers, M.S. and Linda Frahm

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