

DINNER

Shrimp Boil

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	15 min	25 min	4	\$5.34	399 kcal



Shrimp Boil requires roughly 40 minutes from start to finish. This recipe serves 4. One serving contains 399 calories, 36g of protein, and 9g of fat. For \$5.34 per serving, this recipe covers 27% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 pound baby red potatoes
- ☐ 6 sprigs fresh thyme
- ☐ 2 lemons, halved, plus wedges for serving
- ☐ 1 large red onion, quartered
- ☐ 2 tablespoons unsalted butter
- ☐ 4 ears corn, husked and snapped in half
- ☐ 8 cloves garlic, smashed
- ☐ ½ cup Old Bay Seasoning
- ☐ 1¼ pounds shrimp, unpeeled

EQUIPMENT Bowl, Pot, Slotted spoon, Skimmer, Kitchen twine

Method

- 1 Fill a large pot with 4 quarts of water. Squeeze the lemon juice into the water and add the squeezed lemon halves.
- 2 Add the Old Bay, garlic and onion. Tie the thyme sprigs together with kitchen twine and add to the pot. Cover and bring to a boil, then reduce to a simmer and cook about 5 minutes.
- 3 Add the potatoes to the pot and cook until just tender, about 10 minutes.
- 4 Add the corn and cook 5 more minutes.
- 5 Meanwhile, slice along the back of each shrimp through the shells; remove the veins and rinse the shrimp.
- 6 Add to the pot, cover and cook until the shrimp curl and are just opaque, 2 to 3 minutes.
- 7 Transfer the shrimp and vegetables with a slotted spoon or skimmer to a large bowl.
- 8 Add the butter and about 1 cup broth to the bowl and toss until the butter is melted.
- 9 Transfer the shrimp and vegetables to a platter.
- 10 Serve with the remaining broth, lemon wedges and hot sauce, if desired.
- 11 Photograph by Antonis Achilleos

Nutrition per serving

399	36 g	9 g	52 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.4 g · 27% of daily needs
Fibre			7.6 g · 30% of daily needs
Sugar			9.4 g · 10% of daily needs
Sodium			195 mg · 9% of daily needs
Cholesterol			243 mg · 81% of daily needs
Vitamin C			64.4 mg · 78% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/shrimp-boil-142584