



Simple | Healthy | Delicious

Brazilian Black Rice

INGREDIENTS

2 ½ cups water
1 cup Nature's Earthly Choice black rice
1 small onion, finely diced
1 large garlic clove, minced
2 tablespoons unsalted butter
Salt
Freshly ground pepper
2 ½ tablespoons extra-virgin olive oil
¾ pound medium shrimp, shelled and deveined
1 teaspoon chopped rosemary
¾ pound cleaned small squid, bodies sliced crosswise ¼-inch thick
1/3 cup dry white wine
½ cup tomato sauce



DIRECTIONS:

1. In a saucepan, bring the water to a boil with the rice. Cover and simmer over moderately low heat until tender, 45 minutes.
2. In a medium skillet, cook the onion and garlic in the butter over moderate heat until softened. Stir in the rice, season with salt and pepper, cover, and keep warm.
3. In a large skillet, heat 1 tablespoon of oil. Add the shrimp and ½ teaspoon of the rosemary; season with salt and pepper. Cook over moderate heat, turning once, until just white throughout; transfer to a plate.
4. Add 1 tablespoon of the oil to the skillet; increase the heat to moderately high. Add half of the squid and ¼ teaspoon of rosemary; season with salt and pepper. Cook, turning once, until the squid is firm, 1 minute; transfer to the plate. Repeat with the remaining squid, ½ tablespoon of oil and ¼ teaspoon of rosemary.
5. Add the wine to the skillet and cook for 1 minute, scraping up any browned bits from the bottom. Stir in the tomato sauce and the seafood; cook just until heated through. Season with salt and pepper. Mound the rice on plates, top with the seafood and sauce, and serve right away.