

Brazilian Black Rice

simple
healthy
delicious

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 tablespoon 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
- ⅓ 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.

