

Shrimp, Salmon, and Rice

Serves: 4 Print

Ingredients:

¾ cup brown rice, uncooked
½ medium onion, diced (about ½ cup)
1 ½ tbsp olive oil, divided
5 cloves garlic, minced
2 tomatoes, peeled and diced (with seeds and juice)
heaping ½ tsp Old Bay
1 lb raw shrimp, peeled and deveined (thawed, if frozen)
8 oz cooked salmon, broken up into chunks (tilapia works too)
salt and pepper, to taste

Directions:

1. For the rice: In a medium saucepan, heat ½ tbsp olive oil over medium heat. Add rice, onion, and a pinch of salt and pepper. Sauté for 2-3 mins until the onion starts to soften and the rice starts to toast. Add 1 ¾ cup water, and bring to a boil. Reduce heat, cover, and simmer for 45 mins. Remove from heat, and let stand for 5 mins.
2. Meanwhile, make the sauce: In a large sauté pan, heat 1 tbsp olive oil over medium high heat. Add the minced garlic, and sauté for about 1 minute until the garlic becomes fragrant. Add in tomatoes (and the juices), and bring to a simmer. Once simmering, stir in shrimp, old bay, and a pinch of salt and pepper. Reduce the heat to low, cover, and simmer for 20-25 mins.
3. Add the cooked rice and cooked salmon in to the sauce, and stir to combine. Cook for about another 5 mins, stirring occasionally. Divide in to 4 portions.

Recipe notes:

*I usually prefer a tomato on the firm side, but you want a softer, squishy one for this. The seeds and juices help create the sauce.

*I like to roast my salmon seasoned with some old bay in a 400 degree oven for about 12-15 mins. If salmon isn't your thing, tilapia seasoned with old bay works great too. And I certainly wouldn't judge you if you just went for double shrimp!

*If brown rice isn't your thing, use whatever kind of rice you prefer. Just adjust the cooking time based on the package directions. Your texture will be different, but your flavors will be the same.