

Seafood paella RECIPE

Seafood paella



COOK TIME

35 min

PREP TIME

10 min

MAKES

4 servings

Seafood Paella all day-a. Made with our Brown and Wild Rice with Tomato and Roasted Garlic, this recipe is the perfect combo of impressive and easy to make. SHARE

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INGREDIENTS

- 1 Tbsp. extra virgin olive oil
- 1 can hearts of palm, cut into 1 inch pieces
- 1 Tbsp. paprika
- 1 medium fennel bulb, sliced
- 1 medium red pepper
- 1 cup peas
- 2 packages of SEEDS OF CHANGE Organic Brown and Wild Rice with Tomato & Roasted Garlic
- 1 small can crushed tomatoes
- 1 cup vegetable stock
- 3/4 pound shrimp
- 1/4 cup mayonnaise
- 1 clove garlic, grated
- 1 small lemon, juiced
- 1/4 cup parsley, chopped

THIS RECIPE FEATURES:



SEEDS OF CHANGE™ Certified Organic Brown and Wild Rice with Tomato Garlic 8.5 oz Pouch

SEE DETAILS

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DIRECTIONS

1. 1.

Heat a drizzle of olive oil in a large pan. Add the hearts of palm, and sear on both sides for 2 minutes per side. Remove from the pan and set aside.

2. 2.

Heat another small drizzle of olive oil to the same pan. Add the fennel, red pepper, and peas. Sauté for 5-7 minutes. Add the paprika and stir to coat. Remove from the pan and set aside.

- 3. 3.
 - Microwave the SEEDS OF CHANGE Brown and Wild Rice w/Tomato and Roasted Garlic per package instructions. Add both pouches of rice and hearts of palm to the pan. Pour in the crushed tomatoes and water. Bring to a simmer and cook for 6-8 minutes until all the liquid is almost gone. Arrange the cooked veggies on top and add the shrimp. Cover the pan and cook for 4-5 minutes.
- 4. 4. Combine the mayonnaise, grated garlic and lemon juice in a small bowl. Season to taste
- 5. 5. Sprinkle with parsley, and drizzle each portion with the garlic mayo sauce.



NUTRITION INFO

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| Column 1 | Column 2 |
|------------------------|----------|
| Servings | 4 |
| Calories (per serving) | 400 |
| Total Fat | 16g |
| Saturated Fat | 1.5g |

| Column 1 | Column 2 |
|--------------------------|----------|
| Trans Fat | 0g |
| Total Fat % DV | 21% |
| Saturated Fat % DV | 8% |
| Trans Fat % DV | 0% |
| Cholesterol | 90mg |
| Cholesterol % DV | 30% |
| Sodium | 590mg |
| Sodium % DV | 26% |
| Total Carbohydrate | 46g |
| Dietary Fiber | 4g |
| Sugars | 6g |
| Total Carbohydrates % DV | 17% |
| Dietary Fiber % DV | 14% |
| Protein | 18g |
| Vitamin A | N/A |
| Vitamin C | N/A |
| Calcium | 8% |
| Iron | 15% |

You might also love...



Mediterranean board

Cook time

15 min

Prep time

15 min

SEE DETAILS



Salmon rice chowder

Cook time

40 min

| Prep time | | |
|--|--|--|
| 5 min | | |
| SEE DETAILS X | | |
| Roasted brussels sprouts with whole grains and fruit | | |
| Cook time | | |
| 20 min | | |
| Prep time | | |
| 10 min | | |
| SEE DETAILS × | | |
| Mushroom risotto style rice & grains | | |
| Cook time | | |
| 5 min | | |
| Prep time | | |
| 15 min | | |
| SEE DETAILS | | |
| Source URL: https://www.seedsofchange.com/recipes/seafood-paella | | |