



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.

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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

DIRECTIONS

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. 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. 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. 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
Trans Fat	0g
Total Fat % DV	21%
Saturated Fat % DV	8%
Trans Fat % DV	0%
Cholesterol	90mg

Column 1	Column 2
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%

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[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](#)



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](#)

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