



SPANISH RICE WITH ORGANIC SPROUTED BROWN SHORT GRAIN RICE

QUICK INFORMATION

TIME



1HR

SERVES



6

CALORIES



540

GLUTEN FREE



RECIPE

INGREDIENTS

- 4 boneless/skinless chicken thighs, trimmed of fat and halved
- 2 Tbsp. paprika
- 1 tsp dried oregano
- ¼ tsp salt
- ⅛ tsp black pepper
- ¼ cup olive oil
- 1 Spanish or Portuguese Chorizo sausage, (not fresh Mexican sausage), cut into fourths
- 1 onion, finely diced
- 4 garlic cloves, minced
- 1 (14.5 oz.) can diced tomatoes, drained
- 1 (10 oz.) can whole baby clams, liquid reserved
- 1¼ cup Lundberg Family Farms Organic Sprouted Short Grain Brown Rice
- 1¾ cup water + reserved liquid from clams (should measure 2¾ cup total liquid)
- ¾ cup frozen green peas
- ½ pound shrimp, peeled and deveined
- ⅛ - ¼ tsp crushed red pepper flakes
- Salt and pepper to taste
- Chopped fresh parsley and lemon wedges for garnish

NUTRITIONAL FACTS

Serving Size: 1 cup with 1/6 of the chicken, sausage and shrimp

AMOUNT PER SERVING

Calories 540 Calories from Fat 216

Total Fat 24g
Saturated Fat 6g

Cholesterol 115mg

Sodium 680mg

Total Carbohydrates 41g
Fiber 6g
Sugar 5g

Protein 38g

PREPARATION

Mix paprika, oregano, salt & pepper in a bowl. Add chicken pieces and rub spice mixture all over. Refrigerate at least 30 minutes. Heat olive oil over medium-high in a large deep skillet with a lid. Add chicken pieces and brown well on all sides. Add in chorizo pieces and cook 5 minutes. Remove chicken and chorizo from skillet and keep warm. Add onion and garlic to skillet and sauté over medium heat 10 minutes, or until the onion is translucent and starting to caramelize; stir in tomatoes and cover, cooking 10 more minutes. Add the Lundberg Organic Sprouted Short Grain Brown Rice, water and reserved clam juice, mixing well with onion/tomato mixture. Sprinkle baby clams over rice; arrange chicken and chorizo pieces over rice. Bring to a boil and cover. Reduce heat to simmer. Cover and cook 30 minutes. Remove lid, placing shrimp in the skillet, pushing into the rice. Sprinkle with crushed red pepper flakes and peas, cover, and cook an additional 5-7 minutes, or until the shrimp are pink and peas are cooked. Remove from heat and let steam with lid on, 5 minutes.

Garnish with chopped parsley and serve with lemon wedges.