



Ingredients

11/8 Pounds Shrimp

11/4 Cups Long Grain White Rice

1 15-Ounce Can Crushed Tomatoes

4 Cloves Garlic

4 Ounces Arugula

2 Scallions

1 Navel Orange

1 Lemon

Knick Knacks

4 Tablespoons Butter

2 Tablespoons Sherry Vinegar

1 Tablespoon Tomato Rice Spice Blend (Smoked Paprika, Ground Turmeric, Ground Bay Leaf & Dried Orange Peel)

Makes 4 Servings

About 650 Calories Per Serving

Prep Time: 10 min | Cook Time: 20 to 30 min





Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic. Cut off and discard the root ends of the scallions; thinly slice the scallions on an angle, separating the white bottoms and green tops. Quarter and deseed the lemon. Cut off the top and bottom of the orange so it sits flat on the cutting board; cut off and discard the rind and white pith. Thinly slice the orange into rounds, removing and discarding any seeds.



Make the vinaigrette:

While the rice simmers, pour the **vinegar** into a medium bowl; season with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until well combined.



Make the salad:

Just before serving, in a large bowl, combine the **arugula** and **orange**; season with salt and pepper. Add enough **vinaigrette** to coat the salad (you may have extra vinaigrette). Toss to combine; season with salt and pepper to taste. Transfer to a serving dish.



Make the tomato rice:

In a medium pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the **white bottoms of the scallions**, **spice blend** and **half the garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Stir in the **crushed tomatoes**, **rice** and **2 cups of water**; season with salt and pepper. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 20 to 22 minutes, or until the liquid has been absorbed and the rice is tender. Remove from heat and fluff with a fork. Transfer to a serving dish.



Cook the shrimp:

Once the rice has simmered for about 15 minutes, pat the **shrimp** dry with paper towels; season with salt and pepper. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned shrimp and **remaining garlic** and cook, stirring frequently, 2 to 3 minutes, or until the garlic is fragrant and the shrimp are slightly opaque. Add the **butter** and **the juice of all 4 lemon wedges**; cook, stirring occasionally, 1 to 2 minutes, or until well combined and the shrimp are opaque and cooked through. Remove from heat; season with salt and pepper to taste.



Serve your dish:

Transfer the **cooked shrimp** to a serving dish. Garnish the shrimp and **tomato rice** with the **green tops of the scallions**. Serve with the **salad** on the side. Enjoy!