

Shrimp and Rice Pilaf

Recipe from sweetbynurture.com Adapted by Diana Henry's cookbook *Simple*

Ingredients:

- ½ cup white long grain rice *
- 4 tablespoons olive oil
- ½ lb raw medium shrimp shelled and deveined
- ½ fennel bulb thinly sliced (approximately 1 cup)
- ½ cup shallots or white onion finely diced
- 1 clove garlic minced
- ½ teaspoon chili flakes
- 1 cup halved cherry tomatoes
- 1 scant tablespoon tomato paste **
- ¾ cup stock-vegetable, or chicken
- ½ cup white vermouth
- 1/3 cup crumbled feta
- ¼-1/3 cup finely diced fresh herbs, mint & flat leaf parsley

Note: It is a good idea to have all your ingredients prepared (cut and measured) before you start this recipe because it comes together quickly

*Basmati or jasmine rice

** If tomatoes are in season, you can skip the tomato paste

1. Rinse rice in a sieve and set aside to drain.
2. In a large sauté pan with a tight-fitting lid, add 2 tablespoons of olive oil, the sliced fennel and shallot. Cover and cook over low heat until just softening about 3 minutes.
3. Next add the garlic and chili flakes, give the vegetables a quick stir to combine and continue to cook another minute.
4. Stir in the fresh tomatoes and cook about three minutes, add the rice and the tomato paste, cook another minute.
5. Pour in the vermouth and bring the mixture to a boil. Cook the liquid down to half, then add the stock stir to combine return to a boil.

6. Cover and turn down the heat down to low and cook for another 20 minutes. Check at the halfway point and give it another stir. When the rice is tender spoon it into a large bowl.
7. Without cleaning the pan add the remaining 2 tablespoons of oil and the shrimp. Scraping any bits off the bottom and cook until the shrimp is just pink about 3 minutes.
8. Toss the shrimp with the rice and fresh herbs. Sprinkle the top with the crumbled feta and serve.