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SEAFOOD DIRTY RICE

Recipe Details

A hearty variety of seafood and peppers plays off classic dirty rice seasoning to make a dish that reflects the bounty and bright flavors of Louisiana cuisine.

For the Rice, Vegetables & Seafood:

1. Melt butter in a large stockpot over medium heat. Add bell peppers, cook and stir 3 minutes or until tender. Add water; bring to a simmer. Add rice and reduce heat to low; cover and simmer 20 minutes.
2. Stir in shrimp, scallops and tilapia. Cook 6 more minutes until shrimp turn pink and rice is tender.
3. Add green onions and remove from the heat.

For Garnish & Serving:

1. Garnish with parsley and let stand five minutes, then serve warm.

RECIPE TYPE: PASTA AND RICE

CUISINE: CAJUN AND CREOLE

NUTRITION INFORMATION (PER SERVING)

CALORIES: 650

SODIUM: 1580 MG

CARBOHYDRATES: 112 G

PROTEIN: 30 G

MAIN RECIPE | INGREDIENTS | SERVES 4

4 TABLESPOONS BUTTER
1/2 POUND SHRIMP, PEELED, DEVEINED
1/2 POUND TILAPIA, CUBED
1/2 POUND BAY SCALLOPS
10 CUPS WATER
1/2 CUP RED BELL PEPPER, SMALL DICE
1/2 CUP YELLOW BELL PEPPER, SMALL DICE
1/2 CUP ORANGE BELL PEPPER, SMALL DICE
1 PACKAGE **ZATARAINS® DIRTY RICE MIX, REDUCED SODIUM**
1 CUP GREEN ONIONS, CHOPPED
1/2 CUP PARSLEY, CHOPPED