



Basmati Brown Rice Paella with Pan Seared Cod Fish (4 servings)

Ingredients

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| 1/4 cup organic brown basmati rice | 1/2 pound spinach leaves (<i>washed</i>) |
| 4 cups vegetable broth (<i>2½ cups to cook the rice</i>) | 2 tsps sweet, smoked paprika |
| 1/2 tsp saffron threads - crumbled | 2 tsps thyme leaves |
| 4 Tbsps olive oil | 1 tsp ground cumin |
| 2 Tbsps pine nuts - toasted | 1/2 tsp dried oregano |
| 8 cloves garlic - chopped | 1 cup canned chickpeas (<i>drained and rinsed</i>) |
| 1 small onion - chopped | 1 pound cod fish, cut into 2 inch pieces |
| 2 medium tomatoes - finely chopped | salt/pepper to taste |
| 2 Tbsps parsley - minced | |

Preparation

- Preheat the oven to 400 degrees.
- Combine the rice and 2½ cups of the stock, bring to a boil, cover and lower the heat. Cook for 30 minutes, until the rice is partially done.
- While the rice is cooking, in another pot, bring 1½ cups of broth to a boil, add the saffron threads, cover and keep warm over low heat.
- Heat the olive oil in a wide paella pan, or a large, shallow non-stick saucepan, over medium-high heat.
- Add the pine nuts and brown slightly, then add the garlic and onions. Cook over medium-high heat, stirring constantly, to prevent burning.
- Cook until the pine nuts are toasted and the garlic and onions are slightly wilted.
- Add the tomatoes and parsley and sauté 2-3 minutes, or until the tomatoes have cooked down.



Basmati Brown Rice Paella served without Seafood

- Add the spinach and cook until it has wilted.
- Stir in the paprika, thyme, cumin, and oregano, and blend well.
- Add the partially cooked rice and the saffron infused broth and bring to a boil.
- Salt to taste.
- Add the chickpeas and continue to boil, stirring and rotating the pan occasionally.
- When the rice is no longer soupy, but there is still liquid left to cook (this should take about 5 minutes), transfer to the oven and bake uncovered, for 20-25 minutes, until the rice is almost al dente.
- Remove pan from the oven and cover with foil. Let the paella sit in a warm place for about 10 minutes until the rice has absorbed all the liquid. While the paella is “setting up,” begin preparing the fish.
- Rinse and pat cod pieces thoroughly dry. Season fish with a sprinkle of salt and pepper.
- Heat a frying pan over medium heat, when the pan is hot, add olive oil, and the fish, leaving space between the pieces. Allow the fish to sear until golden brown, turning once until both sides are seared.
- When plating, place fish atop the paella, serve and enjoy!

Note:

You can add other seafood or serve as a vegan dish without any. Chickpeas are a good source of protein.