

Greek Rice and Shrimp Bake with Feta Crumb Topping

Cook time: 1 hr.

Serves 4

Ingredients

2 1/2 cups Chicken stock
1 Bay leaf
1 tbsp Butter
1 tsp. Lemon juice
1 1/4 cups White rice long-grain
2 tbsp Olive oil
1 Onion chopped
2 Garlic cloves finely chopped
2 tsp Dried oregano leaves
Taste Hot red pepper flakes
2 Tomatoes large, seeded and chopped
1 Red bell pepper large
1 lb Raw Gulf shrimp large, peeled, deveined and tails removed
3/4 cups Breadcrumbs soft, fresh
3/4 cup Crumbled feta
2 tbsp Parsley fresh, chopped

Directions

1. Place stock and bay leaf in a medium saucepan and bring to a boil.
2. Add rice; return to a boil.
3. Reduce heat, cover and simmer for 20 minutes or until rice is just tender.
4. Add lemon juice, butter and 1/2 the oregano. Stir well and remove from heat, let cool to room temperature. Remove bay leaf.
5. Heat oil in a large nonstick skillet over medium heat.
6. Cook onion, garlic, hot-pepper flakes and the rest of the oregano, stirring, for 4 minutes or until softened.
7. Add tomatoes and red pepper; cook for 3 minutes until softened.
8. Stir in rice and spread in a greased 10-cup shallow casserole dish. If making ahead, cover and refrigerate.
9. Preheat oven to 375°F.
10. Bury Gulf shrimp in rice.
11. Combine breadcrumbs, feta and parsley in a bowl; spread over rice.
12. Bake in oven for 25 to 30 minutes until Gulf shrimp are pink and topping is light golden.