

Chef Marvin's Steel Cut Oats Chicken Sausage Sundried Tomatoes and Shrimp Pilau

1 bottle canola oil or more as needed
2 cups cooked steel cut oats
1 pack Publix Green Wise Chicken Sausage cut into ½ inch
12 jumbo shrimp (1-1/2 to 2 pounds)
2 pieces whole cloves garlic (minced)
1 green bell pepper
1 red bell pepper
1 pack fresh spinach
½ cup sundried tomatoes cut into julienne
¼ cup chopped fresh basil cut into julienne
1 fresh lemon (juice)
sea salt to taste
ground black pepper



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Preheat grill. In the mean time place a large pot of water on stove over high heat. Add oats and cook for approximately 45 minutes or until done. Remove from the stove and strain. Place back in the pot and heat on very low setting. Dry out the oats for 2 to 3 minutes. Remove from the stove and place on a sheet tray and allow to cool.

Coat the bottom of a sauté pan with canola oil and place on medium heat. Add the sausage and cook for 5 to 7 minutes. Add minced garlic, lower heat a little and cook together for another 3 to 5 minutes until sausage is done. Remove the sausage from the pan and place on the sides. Take your bell peppers and place on the high heat of the grill. Cook the peppers until completely black on all sides. Remove the peppers from the grill and allow to cool.

Once peppers have cooled, scrape the black off of the peppers by using the back of your knife or by rolling them in paper towels. Remove seeds and cut peppers into a dice or julienne. In a large bowl, place oats, sausage, peppers, spinach, sundried tomatoes and basil and mix together. Add lemon juice and season with salt and pepper.

Taste and serve.

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