



Product Spotlight: Olives

Olive trees originate from the coast of the Mediterranean Sea and western Asia. One of the oldest known olive trees is on the island of Crete, is about 4000 years old and still produces olives.



Mediterranean Baked Rice with Feta

Fluffy rice cooked with stock and herbs topped with roast Mediterranean garlic vegetables, Kalamata olives and feta, garnished with fresh dill.



40 minutes



2 servings



Vegetarian

Switch it up!

You can stir tinned chopped tomatoes or tomato paste through the rice for a tomato base instead of herb base!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	22g	48g

FROM YOUR BOX

BROWN ONION	1
BASMATI RICE	150g
FETA CHEESE	1 packet
RED CAPSICUM	1
ZUCCHINI	1
TOMATO	1
KALAMATA OLIVES	1 tub
GARLIC CLOVE	1
DILL	1 packet
MESLUN LEAVES	60g

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, vegetable stock cube

KEY UTENSILS

ovenproof frypan with lid

NOTES

If you don't have an oven proof frypan you can transfer the rice to an oven dish at step 3.

Tuck 1/2 the diced cheese into the rice to create pockets of melty cheese in the dish. Use cheese and olives to taste.

You can dress the leaves with a vinaigrette if preferred!



1. SAUTÉ THE ONION

Set oven to 250°C.

Heat an oven proof frypan over medium heat with **olive oil** (see notes). Dice and add **onion**. Cook for 5 minutes until softened.



2. COOK THE RICE

Add **rice**, **1/2 crumbled stock cube**, **2 tsp oregano** and **300ml water**. Cover, bring to a boil then reduce heat to medium and simmer for 10 minutes until most of the water has absorbed (see notes).



3. BAKE THE RICE

Dice **feta cheese** (see notes). Slice **capsicum**, **zucchini** and **tomato**. Rinse and roughly chop **olives**. Toss with **crushed garlic**, **salt** and **pepper**. Layer components on top of **rice** and drizzle with **olive oil**. Bake in oven for 15 minutes.



4. FINISH AND SERVE

Chop **dill** and use to garnish **rice**. Serve with **mesclun leaves** on the side (see notes).



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