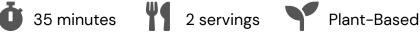


## **Product Spotlight: Black Rice**

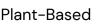
Forbidden Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits that make it a new alternative to white and brown rice.



Charred spiced broccolini salad with grapes, lemon and chilli, served on a bed of black rice and topped with creamy nut feta cheese.









TIP

If you want a fresher tasting dish, switch out the spices for dried herbs or fresh woody herbs such as thyme and rosemary.

#### FROM YOUR BOX

BLACK RICE	150g
BROCCOLINI	1 bunch
ZUCCHINI	1
LEMON	1
GRAPES	100g
RED CHILLI	1
MARINATED NUT FETA	1/2 jar *

\*Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground cumin, garlic clove (1/2)

#### **KEY UTENSILS**

griddle pan or BBQ, saucepan

#### NOTES

You could cook the vegetables on the BBQ for extra char.



# **1. COOK THE RICE**

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes or until tender. Drain and rinse with cold water.



## **2. CHAR THE BROCCOLINI**

Heat a griddle pan over high heat. Trim and slice broccolini into thirds. Coat with **1 tsp** ground cumin, oil, salt and pepper. Cook on griddle for 5-8 minutes, turning, until charred and tender. Set aside.



## **3. CHAR THE ZUCCHINI**

Slice zucchini into crescents and toss with **oil, salt and pepper**. Cook on griddle pan for 3-4 minutes until tender.



# **4. MAKE THE DRESSING**

Whisk together lemon zest, lemon juice, 1/2 crushed garlic clove and 1/4 cup olive oil. Season with salt and pepper.



# **5. TOSS THE SALAD**

Halve the grapes. Deseed and slice chilli. Toss together with cooked broccolini and zucchini.



## **6. FINISH AND PLATE**

Layer cooked rice over a serving plate. Top with salad and dot with nut feta cheese. Pour over lemon dressing to taste.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

