




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.



2 Spiced Charred Greens with Lemon & Chilli

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

 35 minutes

 4 servings

 Plant-Based

25 January 2021

Spice it up!

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

Per serve: **PROTEIN** 14g **TOTAL FAT** 29g **CARBOHYDRATES** 75g

FROM YOUR BOX

BLACK RICE	300g
BROCCOLI	1
ZUCCHINI	1
LEMON	1
GRAPES	200g
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 BROCCOLI

Heat a griddle pan over high heat. Cut broccoli into small florets. Coat with **2 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 broccoli 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**

