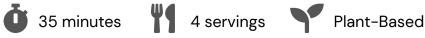


Product Spotlight: Black Rice

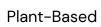
Forbidden Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits that make it a new alternative to white and brown rice.

Spiced Charred Greens 2 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.









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	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.

