



UCOOK

Savoury Baked Rice

with an olive & walnut salsa

Yes, you read that right, Chef! Instead of the traditional stove-boil-steam method, here's a creative alternative to make savoury rice. Dotted with onions and bell peppers, spiced with garlic and NOMU Italian Rub, basmati rice is baked until fluffy. Spoon over the mouthwatering medley of olives, cranberries, walnuts, crispy lentils, and lemon juice, and finish with a minty lemon-infused macadamia yoghurt.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jemimah Smith

Veggie

Muratie Wine Estate | Muratie Isabella
Chardonnay

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Ingredients & Prep

30g	Cranberry & Nut Mix <i>Roughly chop</i>
1	Onion <i>peel & finely slice</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
1	Garlic Clove <i>peel & grate</i>
10ml	NOMU Italian Rub
100ml	White Basmati Rice <i>rinse</i>
3g	Fresh Mint <i>rinse</i>
120g	Tinned Lentils <i>drain & rinse</i>
50ml	Buttanut Macadamia Nut Yoghurt
1	Lemon <i>rinse, zest & cut ½ into wedges</i>
40g	Olives & Peppers <i>(20g Piquanté Peppers & 20g Pitted Green Olives)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Colander

1. TOAST UNTIL GOLDEN Preheat the oven to 200°C and boil the kettle. Place the cranberry & nut mix in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. READY THE RICE Return the pan to medium heat with a drizzle of oil. When hot, fry the onion & pepper slices until caramelised, 10-12 minutes (shifting occasionally). In the final 5 minutes, add the grated garlic and the NOMU rub. Fry until fragrant. Remove from the heat and mix through the rinsed rice and 200ml of salted water. Place into an oven-proof dish and top with the rinsed mint sprigs. Reserve one sprig to the side. Cover the dish with tinfoil and bake in the hot oven until the rice is fluffy and the liquid has been absorbed, 10-15 minutes.

3. LEKKER LENTILS Return the pan to medium-high heat with a drizzle of oil. When hot, toast the drained lentils until golden and crispy, 12-15 minutes. Remove from the pan and season. Set aside.

4. MINTY YOGHURT Pick the leaves from the remaining mint sprig and roughly chop. In a small bowl, combine the chopped mint, the macadamia yoghurt, the juice from 1 lemon wedge, the lemon zest (to taste), and seasoning. Set aside.

5. ALL TOGETHER NOW Drain and roughly chop the olives & peppers. In a bowl, toss together the chopped olives & peppers, the toasted cranberry & nut mixture, a squeeze of lemon juice (to taste), the crispy lentils, a drizzle of olive oil, and seasoning. Set aside.

6. A TASTE TRIUMPH Serve up the steaming baked rice and scatter with the olive & nut salsa. Drizzle over the minty macadamia yoghurt and serve any remaining lemon on the side.

Nutritional Information

Per 100g

Energy	461kJ
Energy	110kcal
Protein	4.1g
Carbs	19g
of which sugars	3.2g
Fibre	4.1g
Fat	2.2g
of which saturated	0.3g
Sodium	83mg

Allergens

Allium, Sulphites, Tree Nuts

Eat
Within
3 Days