



# UCOOK

## Rainbow Wild Rice Salad

with lemon, mixed herbs & Pesto  
Princess sun-dried tomato pesto

Nutty wild rice is tossed with pickled red onion and tomatoes, plus sunshine yellow corn. Topped with vibrant green beans and broccoli, and garnished with fresh chilli, toasted nuts, and drippings of sun-dried tomato pesto. Forget the pot of gold, this UCOOK dish is what's waiting at the end of the rainbow!

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People


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**Chef:** Rhea Hsu

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 Veggie

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 Paserene | The Shiner White Blend

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## Ingredients & Prep

300ml	Brown & Wild Rice
2	Lemons <i>zested &amp; cut into wedges</i>
1	Red Onion <i>peeled &amp; finely sliced</i>
320g	Baby Tomatoes <i>halved</i>
60ml	Pesto Princess Sun-dried Tomato Pesto
30g	Mixed Herbs <i>(15g Fresh Mint &amp; 15g Fresh Parsley)</i>
40g	Sunflower Seeds
200g	Corn
400g	Broccoli Florets <i>cut into bite-sized pieces</i>
320g	Green Beans <i> rinsed, trimmed &amp; halved</i>
1	Fresh Chilli <i>deseeded &amp; roughly sliced</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. RICE GONE WILD** Rinse the rice and place in a pot with 1,2L of salted water. Pop on a lid and place over a medium heat. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. On completion, it should be tender but bouncy. Remove from the heat and drain if necessary. Cover with the lid and set aside until serving.

**2. PICKLE & PESTO** In a small bowl, combine the juice of 8 lemon wedges, 20ml of a sweetener of choice, and seasoning. Add the sliced onion, and the halved tomatoes. Toss until coated and set aside to pickle. Loosen the pesto with warm water in 5ml increments until a drizzling consistency. Season to taste. Rinse & roughly chop the mixed herbs.

**3. SO SEEDY** Place the sunflower seeds in a pan, with a lid, over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside.

**4. YOU ARE MY SUNSHINE** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the corn and fry for 5-6 minutes until lightly charred, shifting occasionally. Remove from the pan and set aside.

**5. GREEN MEANS GO** Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the broccoli pieces for 4-5 minutes until lightly charred. Add the halved green beans and a splash of water. Cover with the lid and simmer for 3-4 minutes until cooked but still al dente. Season to taste.

**6. IT'S A TOSS-UP** In a bowl, combine the pickled onion & tomato, the pickling liquid (to taste), the cooked rice,  $\frac{3}{4}$  of the chopped herbs,  $\frac{3}{4}$  of the toasted seeds, the charred corn, the lemon zest (to taste), a drizzle of olive oil, and seasoning.

**7. PLATE IT, CHEF!** Dish up the loaded wild rice salad. Top with the green beans & broccoli. Drizzle over the loosened pesto. Sprinkle over the remaining seeds and herbs. Garnish with sliced chilli (to taste) and side with any remaining lemon wedges. So good!



## Chef's Tip

If you have any leftover chilli, place it in a small pot with enough oil to cover the base. Place over a medium heat for 5 minutes, stirring often. Remove from the heat and cool. Place in a bottle or jar and use as you please!

## Nutritional Information

Per 100g

Energy	398kj
Energy	95kcal
Protein	3.7g
Carbs	17g
of which sugars	2.4g
Fibre	3.1g
Fat	1.4g
of which saturated	0.1g
Sodium	10mg

## Allergens

Allium, Sulphites

Cook  
within 2  
Days