THREE RICE MIX WITH WINTER VEGETABLES



Menù Ingredients

1 pack Super Mix - RG0

300 gr Rape rosse a fette - Sliced Red Beetroot - VH3

q.s. Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

Ingredients

q.s. Salt and Pepper

q.s. Fresh beansprouts

60 gr Feta cheese

100 gr Pineapple

150 gr Leek

150 gr Pomegranate

150 gr Pumpkin

150 gr Broccoli

Chef: Barbara Benvenuti

Method

Serve 6

Cook the 3 rice mix in a pot of boiling salted water. Wash and cut into small pieces the pumpkin, the broccoli, the leek and the pineapple and roast them in the oven with a drizzle of olive oil at 180°C for about ten minutes (they can also be sauté in a pan). Peel off the pomegranate seeds, dice the feta cheese and the thinly slice the beetroot. Drain the rice and add a tablespoon of olive oil, add the roasted vegetables, the feta, the pomegranate, season with salt and pepper and mix gently. In a serving plate position the thinly slices of beetroot, add the vegetable rice and garnish with fresh beansprouts. Serve warm.

Chef's tips:

For a "Vegan" recipes, replace the feta cheese with tofu.

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