

## THREE RICE MIX WITH WINTER VEGETABLES



**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.

### Menù Ingredients

1 pack Super Mix - RGO  
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