



## Warm Brown Rice Salad

with Sweet Potato, Beetroot and Feta



40-50min



4 Portions

Jam-packed from top to bottom, this moreish salad-slash-rice bowl features beetroot, sweet potato and onion roasted in the oven until golden and caramelised, plus toasted sesame seeds and creamy feta. Simply toss with baby spinach and lemon dressing, then dig in.

## What we send

- brown rice
- onion
- beetroot
- feta cheese <sup>7</sup>
- lemon
- baby spinach leaves
- sweet potato
- parsley, garlic
- sunflower seeds

## What you'll require

- extra virgin olive oil
- mustard <sup>17</sup>
- olive oil
- sea salt and pepper
- sugar
- water

## Utensils

- baking paper
- medium frypan
- medium saucepan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

Due to supply issues we had to replace the goat's curd with feta. Rest assured, the dish is just as delicious.

## Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 865kcal, Fat 38.3g, Carbs 99.2g, Proteins 21.6g



### 1. Prepare vegetables

Preheat the oven to 220C. Line 2 oven trays with baking paper. Bring **1.5L (6 cups) salted water** to the boil in a medium saucepan for the rice. Peel and cut the **sweet potatoes** into 2cm chunks. Trim the **beetroot** and cut into wedges. Cut the **onion** into wedges (see cooking tip).



### 2. Roast vegetables

Arrange the **vegetables** on the lined trays. Crush **1½ of the garlic cloves** and scatter over the vegetables. Drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to combine. Roast for 30-35 mins, turning halfway through, until the vegetables are golden and tender.



### 3. Cook rice

Cook the **rice** in the pan of boiling water for 25 mins or until tender. Drain, then return to the pan and cover to keep warm.



### 4. Make dressing

Meanwhile finely grate the **lemon** zest, then juice. Crush the **remaining garlic**, or mince using the flat side of a knife blade to press on the chopped garlic to crush very finely. Put the garlic, lemon zest, lemon juice, **80ml (1/3 cup) extra virgin olive oil**, **2 tsp mustard** and **2 tsp honey** in a small bowl, season with **salt and pepper** and whisk to combine.



### 5. Toast seeds

Put the **sunflower seeds** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the heat.



### 6. Get ready to serve

Finely chop the **parsley** leaves, discarding the stems. Put the parsley, **rice**, **roasted vegetables**, **sunflower seeds** and **spinach** in a large bowl, stir gently to combine, then stir in the **dressing**. Divide the **salad** among bowls. Scatter over the **feta** to serve.