



RICEPLUS

Rice just got better...

ANCIENT BEETROOT PILAF WITH GOATS CHEESE

INGREDIENTS


1 1/2 cups RICEPLUS Ancient Grains	Salt & pepper to taste
30g butter	1 x 400g can beetroot, diced or 2 large beetroot cooked & diced
1 tblsp oil	1/2 cup currants
2 tsp fresh turmeric, peeled & grated	100g pine nuts, toasted
1 small onion, finely chopped	50g goats cheese, crumbled
2 lemons zested & juiced	Micro herbs to garnish
700ml chicken or vegetable stock, warm	


METHOD (STOVE TOP)

1. Melt the butter and oil together in a large deep frying pan over a medium heat.
2. Add the RICEPLUS, turmeric, onions and lemon zest to the pan and saute 2 minutes.
3. Pour in the warm stock, salt & pepper, bring to the boil, simmer stirring occasionally for 15 minutes. Stock may need to be added from time to time.
4. Stir through the diced beetroot, currants and lemon juice, cover and continue to cook for a further 10 minutes.
5. Stir through the pine nuts and serve warm topped with crumbled goat's cheese.
6. Garnish with micro herbs or chopped parsley.

TIP This dish may also be served cold as a salad.

For more information visit: www.riceplus.com.au

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PREP TIME: 10 MINS
COOKING TIME: 45 MINS
SERVING SIZE: 4-6