

Less than 1 hour

Serves 4

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Ingredients:

Tomato topping:

- 6 salad tomatoes, cut in 1.5cm-thick slices
- Glug olive oil
- Salt and milled pepper
- 3 cloves garlic, thinly sliced
- Handful olives
- Handful each fresh mint, dill and parsley, torn

- Glug olive or canola oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 3 cups (750ml) dried brown rice and lentil mix (or wholegrain of choice)
- 6 cups (1.5L) vegetable stock (or 1/2 stock, 1/2 water)
- Grated peel of 1 lemon
- 1 packet (200g) PnP young spinach (or leafy green veg of choice)

FLEXITARIAN? NO PROBLEM!

Toss shredded rotisserie chicken and feta through the rice before topping with tomatoes.

Method:

1. Preheat oven to 160°C.
2. Place tomatoes on a lined tray, drizzle with oil, season and scatter with garlic.
3. Roast for 30 minutes and leave in oven.
4. Heat oil in an ovenproof pan. Sauté onion for 8-10 minutes, then add garlic and fry for a minute.
5. Remove from heat and stir in rice-lentil mix, stock and lemon peel. Season.
6. Increase oven to 200°C and bake rice and tomatoes for 20 minutes.
7. Add olives to tomato tray and stir spinach through the rice.
8. Bake for a further 5-10 minutes.
9. Serve rice topped with herbs and tomatoes, and drizzled with pan juices.