



Lemony Summer Wild Rice

with Roasted Grapes and Broccolini

Deluxe Veggie

30 Minutes



Wild Rice Medley
½ cup | 1 cup



Red Grapes
170 g | 340 g



Chives
7 g | 14 g



Parsley
7 g | 14 g



Almonds, sliced
28 g | 56 g



Broccolini
170 g | 340 g



Lemon
1 | 2



Vegetable Broth Concentrate
1 | 2



Garlic Spread
2 tbsp | 4 tbsp



Bocconcini Cheese
200 g | 400 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | 2 baking sheets, large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, whisk

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Stir together **broth concentrate, garlic spread, wild rice medley, 1 cup (2 cups) water** and **¼ tsp (½ tsp) salt** in a medium pot.
- Bring to a boil over high heat. Once boiling, reduce heat to medium-low.
- Cover and cook, until **rice** is tender and liquid is absorbed, 18-20 min.
- Remove the pot from heat. Set aside, still covered.

4



Prep

- Thinly slice **chives**.
- Tear **bocconcini** into bite-sized pieces.
- Zest, then juice **lemon**.
- Roughly chop **parsley**.

2



Roast Broccolini

- Trim ends off **broccolini**, then cut any larger stalks in half lengthwise, leaving thinner stalks whole. Cut **broccolini** into 2-inch pieces.
- Add **broccolini** and **1 tbsp (2 tbsp) oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 8-10 min. (**TIP:** Broccolini can burn quickly, so keep an eye on it!)

5



Toast almonds and make dressing

- Heat a large non-stick pan over medium-high heat. When hot, add **almonds** to the dry pan.
- Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.
- Add **lemon juice, parsley, 1 tsp (2 tsp) lemon zest, ¼ tsp (½ tsp) sugar** and **1 tbsp (2 tbsp) oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.

3



Roast grapes

- Meanwhile, add **grapes** and **½ tbsp (1 tbsp) oil** to another unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven until **grapes** blister, 4-6 min.

6



Finish and serve

- Add **rice, broccolini, bocconcini** and **half the almonds** to bowl with the **dressing**. Toss to combine.
- Divide **rice** between bowls. Top with **blistered grapes**.
- Sprinkle **chives** and **remaining almonds** over top.