

DINNERLY



Hearty Rice Salad with Feta

Cook Once, Serve More!



35 minutes



4 Servings

Serve up more with our Feed A Crowd recipes! Using more hearty ingredients like filling carbs, proteins and veggies, you can satisfy extra hungry tummies or keep something for tomorrow's lunch. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 3 small sweet potatoes
- 10g Moroccan seasoning ²
- 2 x 125g brown and black rice with quinoa
- 2 x 380g chickpeas
- 2 x 30g dried cranberries
- parsley
- 2 x 50g feta ¹

WHAT YOU NEED

- 2 tbs olive oil
- 1 tbs balsamic or red wine vinegar ²

TOOLS

- 2 oven trays
- baking paper
- medium saucepan

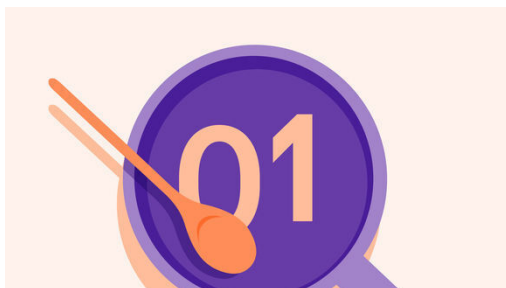
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (1), Sulphites (2). May contain traces of other allergens.

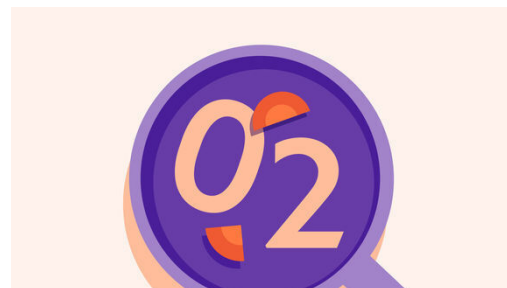
NUTRITION PER SERVING

Energy 655kcal, Fat 20.6g, Carbs 89.6g, Protein 20.6g



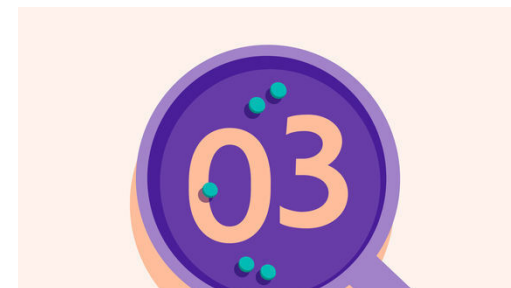
1. Roast sweet potato

Preheat the oven to 220C, fan-forced (see Feed A Crowd). Line 2 oven trays with baking paper. Cut the **unpeeled sweet potatoes** into 1.5cm chunks and put on the lined tray. Drizzle with **2 tsp olive oil**, scatter with **half the Moroccan seasoning**, season with **salt and pepper** and toss to coat. Roast on the upper oven shelf for 20-25 mins until golden and tender.



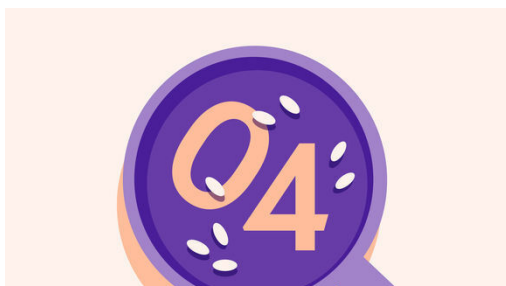
2. Cook rice blend

Meanwhile, fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice blend** and cook for 22-24 mins until tender. Drain.



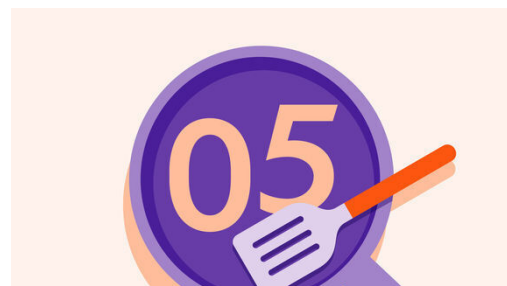
3. Roast chickpeas

While the rice blend is cooking, drain and rinse the **chickpeas**. Put the chickpeas on the remaining lined tray, drizzle with **2 tsp olive oil**, scatter over the **remaining Moroccan seasoning**, season with **salt and pepper** and toss to coat. Roast on the lower shelf for 15 mins or until golden.



4. Make cranberry dressing

Coarsely chop the **cranberries**. Finely chop the **parsley** leaves and stems. Put **1 tbs olive oil** and **1 tbs balsamic vinegar** in a large bowl and whisk to combine. Add the cranberries and stir to combine.



5. Serve up

Add the **sweet potato**, **rice blend**, **chickpeas** and **half the parsley** to the dressing and stir to combine. Taste, then season with **salt and pepper**. Divide the **rice salad** among bowls and crumble over the **feta**. Scatter with the **remaining parsley** and enjoy!



6. Feed A Crowd

Keen to get started on this recipe ahead of time? Roast the sweet potato and chickpeas, and cook the rice, in advance. Then, all you need to do is make the cranberry dressing, assemble the rice salad and serve up.