

BROCCOLI & FETA JUMBLE



Made with ingredients that are always in the house...this is a nutritious & delicious meal

INGREDIENTS (serves 2 – 1 bigger eater, 1 smaller eater)

- 1¼ cups uncooked brown rice
- 150g South Cape Greek Style Fetta (about ¾ of a 200g pkt)
- ½ red onion, thinly sliced
- ½ cup chopped parsley (or basil, coriander)
- 10-12 sun dried tomato segments
- Steamed broccoli & snow peas
- Juice of 1 lemon

METHOD

1. Cook brown rice in plenty of boiling water (30-35mins)
2. Meanwhile chop the fetta, red onion, parsley & tomatoes, and place in a large salad bowl
3. Steam the broccoli & snow peas (you can do this with a bamboo steamer above the brown rice that is still cooking). Add the veggies to the salad bowl.
4. Once the brown rice is cooked, add it to the salad bowl & pour over the lemon juice. Combine ingredients & serve with a big glass of water!