



## Italian Vegetable and Brown Rice Puttanesca

1 x family size packet of SunRice  
Fragrant Brown Rice  
in 2½ minutes  
2 onions, chopped  
2 zucchinis, sliced  
2 red capsicum, chopped  
2 bunches fresh basil leaves,  
chopped  
2 x 400g tin of  
chopped tomatoes  
600g of lean veal steak sliced  
40g grated parmesan

Serves 4  
Prepared and cooked  
in 10 minutes

**Sauté** the onion, zucchini, veal and capsicum for  
3 minutes until soft

**Microwave** rice for 2½ minutes as per packet instructions

**Add** the tinned tomatoes and rice then heat through for  
another 2 minutes

**Fold** in the basil and serve with shaved parmesan

**Option** Tinned salmon, tuna or cannellini beans can be  
used in place of veal



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### Fragrant Brown Rice

SunRice Fragrant Brown Rice in 2½ minutes made with wholegrain brown rice, is a source of vitamin (Niacin B3) and minerals for vitality, and a good source of dietary fibre.

