



Rice with Spinach Avocado and Roasted Walnuts

1 x family size packet SunRice
Indian Aromatic Basmati Rice
in 2½ minutes

- 1 onion, finely chopped
- 1 tbsp olive oil
- 120g currants
- 300g baby spinach leaves
- 1 bunch parsley, chopped
- 1 bunch mint chopped
- Juice and zest from 2 lemons
- 400g tin chickpeas, drained
- 120g chopped roasted walnuts
- 2 avocados
- 4 tbsp Greek style thick yoghurt
- 4 chopped spring onions to garnish

Heat the rice in the microwave for 2½ minutes as per packet instructions

Saute the onion with the olive oil for a few minutes until browned

Add the currants, spinach leaves, lemon juice and zest. Cook until spinach has wilted then add the chickpeas and rice followed by the walnuts, parsley and mint. Season with black pepper and serve

Top with avocado, natural Greek style yoghurt and spring onion. Serve warm or cold

Serves 4
Prepared and cooked
in 10 minutes



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Indian Aromatic Basmati Rice

The finest Basmati Rice from the fields of India. Deliciously fluffy, aromatic White Basmati Rice is ready to serve with your favourite Indian or Asian dish in just 2½ minutes

