



## Summer Pilaf with Tuna Zucchini and Tomato

- 1 x family sized packet SunRice Long Grain White Rice in 2½ minutes
  - 1 onion, finely chopped
  - 2 cloves garlic, chopped
  - 1 tbsp olive oil
  - 2 zucchini, finely sliced into rounds
  - 400g tin, crushed or chopped peeled tomatoes
  - 425g tin tuna in oil, drained
  - 60g freshly grated Parmesan cheese
  - Black pepper to taste
  - 1 small bunch, chopped basil
- Serves 4  
Prepared and cooked in 10 minutes

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

**Saute** the onion and garlic in the olive oil for a few minutes until golden

**Add** the zucchini and cook for 5 minutes until soft, then add the tomato and rice, black pepper and basil

**Fold** in the tuna last, leaving some lovely chunky bits in the rice

**Add** cheese, divide into serving bowls and enjoy



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### Long Grain White Rice

SunRice Long Grain White Rice in 2½ minutes is the most popular all purpose rice and the perfect partner to any meal.

