



Italian Vegetable and Brown Rice Puttanesca

1 x 250g packet of SunRice
Medium Grain Brown Rice
in 90 Seconds

1 onion, chopped

1 zucchini, sliced

1 red capsicum, chopped

1 bunch fresh basil leaves,
chopped

400g tin of
chopped tomatoes

300g of lean veal steak sliced

20g grated parmesan

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

Microwave rice for 90 seconds 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

Serves 2

Cooked in 10 minutes



The Rice Food Experts

www.10minutemeals.com.au

Medium Grain Brown Rice

SunRice Medium Grain Brown Rice in 90 seconds made with wholegrain brown rice, is a source of vitamin (Niacin B3) and minerals for vitality, and a good source of dietary fibre.

