



Satay Vegetable Kebabs on Aromatic Brown Basmati

1 x 250g packet SunRice Indian
Aromatic Brown Basmati Rice
in 90 Seconds

4 wooden skewers

150g firm tofu or tempeh
cut into cubes

1 zucchini cut into chunks

100g cherry tomatoes

100g button mushrooms

1/2 red capsicum, cut into chunks

1/4 pineapple, cut into chunks

1 bottle store bought satay sauce

Thread the tofu, zucchini, tomatoes, mushrooms, capsicum and pineapple chunks onto skewers

Arrange onto a baking or grilling tray lined with foil and spray with a little olive oil

Grill for 5 minutes until golden. Turn the kebabs over half way through cooking. Alternatively cook over a medium heat in a non-stick pan for a few minutes each side until golden

Microwave rice for 90 seconds as per packet instructions

Arrange the kebabs over a bed of Indian Aromatic Brown Basmati Rice and spoon over the satay sauce

Serve immediately and enjoy

Serves 2

Prepared and cooked
in 10 minutes



The Rice Food Experts

www.10minutemeals.com.au

Indian Aromatic Brown Basmati Rice

Brown Basmati Rice also brings to you the nutritional goodness of wholegrains and is ready to serve with your favourite Indian or Asian dish in just 90 seconds.

