



Asparagus & baby
courgettes with venus black
rice, toasted hazelnuts &
burrata



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Serves 4 | Vegetarian

INGREDIENTS:

250g venus black rice	1 tsp sugar
625ml water	2 ½ tbsp olive oil
Salt and freshly ground black pepper to taste	1 clove garlic, peeled, minced
50g hazelnuts, skinless	75g rocket/watercress
400g asparagus	120g burrata
200g baby courgettes	
2 spring onions	
6 tbsp white wine vinegar	

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METHOD:

1. Preheat oven to 175°C fan.
2. Combine the rice and water in a pan with a good pinch of salt, bring up to a boil, turn down to a gentle simmer. Cook for 30 mins, or until tender. Drain, keeping the excess liquid and return the rice to the pan.
3. Place the hazelnuts on a tray and roast for 8 mins, until golden brown. When cool, roughly chop.
4. Bring a large pan of salty water up to the boil. Snap the woody ends off the asparagus. Blanch the asparagus for 1 min then refresh in icy water.
5. Using a peeler, slice the courgettes into long strips.
6. Peel and thinly slice the spring onions. Mix 3 tbsp vinegar, 1 tsp sugar and a pinch of salt and pour over the spring onions and leave to lightly pickle.
7. To make the salad dressing; combine 3 tbsp vinegar, 2 tbsp olive oil and the remainder of the rice liquid. Taste and adjust seasoning if necessary.
8. When ready to serve, toss the asparagus in 1/2tbsp olive oil. Heat a frying or griddle pan till hot then grill in batches until coloured on the outside. Just before they come out of the pan, add the chopped garlic, cook for 30 seconds, then remove.
9. Warm the rice to room temperature in the pan with a little of the dressing and divide between 4 plates. Toss the veg with remaining dressing, check and adjust the seasoning and place on top of rice, with a handful of salad leaves.
10. Finish with toasted hazelnuts, spring onions and torn burrata and serve.