

Wild rice with swiss chard, dates and feta cheese

Cuisine: Middle-East

Food category: Vegetables



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Company: Retigo



Program steps

Preheating: 105 °C

1 Steaming Termination by time 00:40 hh:mm 99 °C + 50 %

Ingredients - number of portions - 2

Name	Value	Unit
rice	150	g
swiss chard	200	g
dried dates	60	g
walnuts	10	pcs
feta cheese	40	g
red wine vinegar	10	ml
butter	10	g
olive oil	10	ml

Directions

Set the Retigo combi oven on a steam mode, 99°C, 40 minutes with preheating. Rinse the rice and put it into a stainless steel full GN container 60mm with 220ml of warm water, salt and some butter. After preheating insert into the oven. Clean the swiss chard and put it into a stainless steel perforated GN container 40mm and steam it for about 1 minute. Cut the dates into a small pieces and mix them in a big mixing bowl with red wine vinegar and olive oil. Slice the walnuts and swiss chard. Mix all the ingredients with rice, season with salt and pepper and crumble the feta cheese over the rice.

Nutrition and allergens

Allergens: 7, 8

Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

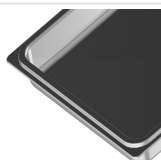
Vitamins: A, B, C, D, E, K

Nutritional value of one portion	Value
Energy	471.5 kJ
Carbohydrate	81.9 g
Fat	10 g
Protein	12 g
Water	0 g

Recommended accessories



GN container Stainless steel perforated



GN container Stainless steel full