

Tomato-Basil Wild Rice

Recipe By *Faigy Grossman*



Cooking and Prep:  1
h 10 m

Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Pescetarian,
Gluten Free, Vegan, Sugar Free

Source: Family Table by
Mishpacha Magazine

I'm excited to bring the pesto flavors of a popular pasta salad to your Yom Tov table with this healthful and tasty wild rice dish. It's really simple and quick to create, and special enough for a seudah or any type of occasion!

Ingredients (10)

Main ingredients

- oil, for sautéing
- 1 large onion, diced
- 1 pint (280 grams) multicolored grape tomatoes, rinsed and sliced in half lengthwise
- 2 cubes **Gefen Frozen Crushed Garlic**
- 3 cups water

- 3/4 cup brown rice
 - 3/4 cup wild rice blend
 - 1 teaspoon salt
 - 4 cubes Gefen Frozen Chopped Basil
 - pepper, to taste
-

Start Cooking

Prepare the Wild Rice

1. Preheat oven to broil.
2. Heat oil for sautéing in a medium pot and add onion. Sauté onion until golden.
3. While the onion is sautéing, place grape tomatoes in a baking pan, spray with cooking spray, and toss to coat. Broil on the lower rack of your oven until they begin to shrivel and blacken slightly, about 25 minutes.
4. Add garlic to sautéed onion, stir, and continue to sauté an additional two minutes. Add water, both types of rice, and salt; bring to a boil. Lower heat, cover pot, and simmer 20–30 minutes, until rice is soft and water is absorbed.
5. Add basil and black pepper to taste. Add broiled tomatoes to pot and stir gently to combine. Serve warm.

Tip:

To save time, you can prep the veggies mixed with spices for the wild rice before Yom Tov. Then cook up fresh rice before the seudah and mix them in.

Credits

Food and Prop Styling by Renee Muller

Photography by Moshe Wulliger