



Simple | Healthy | Delicious

Black Rice Risotto with Roasted Tomato

INGREDIENTS

160 grams Nature's Earthly Choice black rice

2 cups cherry tomatoes

1 medium aubergine

1 garlic clove

Olive oil

1 teaspoon oregano

Salt to taste



DIRECTIONS:

1. Heat a little olive oil in a saucepan and add finely sliced garlic. Stir-fry for a few minutes until garlic turns golden brown.
2. Add the rice. Stir well then add 1 cup of water and let it simmer. When all the water is absorbed add another cup of water. Keep simmering, checking from time to time if more water is needed. Cook for about 40 minutes.
3. Meantime cut the cherry tomatoes in half and the aubergine width-wise so to get ½ cm thick slices to cut again in half. Put everything on an oiled tray. Season with salt, oregano, and drizzle with oil. Bake in a pre-heated oven at 200 degrees for about 20 minutes.
4. Mix rice, tomatoes and aubergine all together. Top your dish off with a few tomatoes and drizzle with fresh olive oil.