

What Katie ate...

WILD RICE PILAF WITH COURGETTE, FENNEL, APPLE, CARAWAY DRESSING.

YOU WILL NEED

120g basmati rice (cooked to packet instructions and cooled under cold water)

30g wild or red rice (same applies)

1 large courgette - sliced lengthways really thinly using a mandolin

1 large red apple - skin on, cored, cut into matchsticks and left in water + lemon juice etc.

1/2 fennel bulb, sliced and prepped as above. Keep fronds for plating.

Small handful chives, finely chopped

Large handful mint, leaves loosely torn.

1.5 caraway seeds, dry roasted and slightly crushed

Salt and freshly ground black pepper

1 tbsp whole grain mustard

2 - 3 tbsp French dressing

3 cloves garlic, peeled and minced

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SERVES 4 - 6

What Katie ate...

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Brush with oil and sear off the courgette slices on the griddle / bbq. Set aside.

Combine the cooked and cooked basmati and wild rice with the chives, mint, caraway seeds, half the apple slices, half the fennel and most of the dressing.

Pile in centre of a serving plate.

finish with griddled courgettes, remaining apple, fresh mint, fennel fronds, lemon zest and remaining dressing to finish.