

TUSCAN BAKED RICE WITH BROCCOLI AND FENNEL

Ingredients

1-2 onions, sliced

2 bay leaves

1 tiny pinch dry chilli flakes

2 cups rice

3 cups veg stock

50g butter

2 baby fennels

2 cups broccoli, chopped

1 handful parsley, washed and chopped



- 1) Preheat oven to 200c
- 2) Sautee onions, bay leaves and chilli in a pan with a little oil.
- 3) Measure rice, weigh butter and add to large baking dish.
- 4) Pour stock over rice.
- 5) Stir in onions and cover with foil or a lid, cook in oven for 15mins.
- 6) Prepare fennel, broccoli and parsley.
- 7) Remove backing dish from oven. Check rice for tenderness.

