

fried 'sushi' rice bites

Makes 24

Hands-on time: 45 minutes

Hands-off time: 45 minutes

INGREDIENTS

- 1 cup Spekko Long Grain Parboiled White Rice
- 2 tbsp rice vinegar
- 1 tsp sugar
- 1 tsp salt
- 2 eggs
- ¼ cup flour
- 1 tbsp vegetable oil, extra for frying
- ½ tin (85g) tuna, drained
- 2 tbsp mayonnaise
- ¼ lemon, juiced
- 1 tsp smoked paprika
- ½ avocado, mashed

Serving suggestion:

- Sliced spring onions
- Chilli flakes
- Soy sauce

METHOD

1. Cut and lay a large piece of plastic wrap over 2 large 12-hole ice trays. Press the plastic into the holes using your finger to line the ice tray. Grease the plastic wrap with non-stick spray and set aside.
2. Place the Spekko Long Grain Parboiled White Rice in a medium pot, cover with 2 cups of water and bring to a boil over high heat. Reduce the heat to a medium, cover and allow to simmer for 20-25 minutes until cooked. Set aside to cool. **Chef's Tip: Reduce waste by using leftover rice!*
3. Combine the rice vinegar, sugar and ½ a teaspoon of salt in a small heatproof bowl. Heat in the microwave for 30 seconds to 1 minute until warm and stir until the sugar has dissolved. Allow to cool.
4. Stir the vinegar mixture and the eggs through the cooled rice and set aside.
5. Fill each hole of the ice trays with the rice and flatten the rice with the back of a teaspoon. Freeze for at least 30 minutes to allow the cubes to hold shape. **Chef's Tip: You can also mould the rice free-handed.*
6. Carefully un mould the rice cubes from the trays using the plastic to assist. Coat the rice cubes in flour. Fill a pan with oil, 3cm in height, and place the pan over a medium-high heat and carefully shallow fry the rice cubes for 2-3 minutes on each side or until golden and crispy. Remove and place on a serving platter. **Chef's Tip: Fry in batches, not to overcrowd the pan.*

crispy chicken mayo rice rolls

Makes 24

Hands-on time: 30 minutes

Hands-off time: 20 minutes

INGREDIENTS

- 1 cup Spekko Long Grain Parboiled White Rice
- 3 eggs
- 2 cups grated cheddar cheese
- ¼ cup mayonnaise
- 2 cups shredded rotisserie chicken, boneless, skinless
- 2 tbsp chopped parsley
- 1 tsp each salt and pepper, to season
- 1 pack (400g) spring roll wrappers
- Oil, for frying

Serving suggestion:

Sweet chilli sauce

METHOD

1. Preheat the oven to 180°C and line a baking tray with baking paper.
2. Place the Spekko Long Grain Parboiled White Rice in a medium pot, cover with 2 cups of water and bring to a boil over high heat. Reduce to a medium-heat, cover and allow to simmer for 20-25 minutes or until cooked. Set aside to cool.
3. Decant the rice into a large bowl and allow to cool.
4. To the rice, add 2 eggs, the cheddar cheese and the mayonnaise and stir well to ensure the rice is well coated and ingredients are distributed evenly.
5. Add the chicken and parsley to the rice mixture and stir until combined. Season to taste with salt and pepper.
6. Using a fork, beat the remaining egg until combined. Place a spring roll wrapper on a flat surface and brush all 4 edges with the beaten egg. Place a heaped tablespoon of the rice mixture on the wrapper at the end nearest to you.
7. Fold in the sides and roll the wrapper up like a cigar-shape. Repeat until you have 24 rolls.
8. Heat the oil in a medium pan until hot and fry the rolls for 5-8 minutes, turning every 2 minutes, until golden brown on all sides. Remove from the oil and place on a paper towel to drain the oil.
9. Place the rolls on a serving platter alongside sweet chilli sauce, serve and ENJOY!

cheesy chicken & broccoli 'muffins'

Makes 12

Hands-on time: 30 minutes

Hands-off time: 30 minutes

INGREDIENTS

- 1 cup Spekko Long Grain Parboiled White Rice
- $\frac{2}{3}$ cups plain yogurt
- 2 eggs
- 2 cups grated cheddar cheese
- 2 cloves garlic, crushed
- 1 head (300g) broccoli florets, finely chopped
- 2 cups shredded rotisserie chicken, boneless, skinless
- 2 tbsp chopped parsley
- 1 tsp each salt and pepper, to season

Serving suggestion:

- Fresh leafy green salad
- Roasted rainbow peppers

METHOD

1. Preheat the oven to 180°C and grease a 12-hole muffin tray with non-stick spray.
2. Place the Spekko Long Grain Parboiled White Rice in a medium pot, cover with 2 cups of water and bring to a boil over a high heat. Reduce to a medium-heat, cover and allow to simmer for 20-25 minutes or until cooked. Set aside to cool. **Chef's Tip: Use leftover rice to reduce waste!*
3. Decant the rice into a large bowl and allow to cool.
4. Add the yoghurt, eggs, $1\frac{1}{2}$ cups of the cheddar cheese and garlic, and stir well to ensure the rice is well coated and ingredients are distributed evenly
5. Add the broccoli, chicken and parsley to the rice mixture and stir until just combined and the mixture is speckled with the broccoli greens. Season with the salt and pepper to taste. **Chef's Tip: Remove the chicken for a vegetarian option!*
6. Spoon the rice mixture into the muffin tray, distributing the mixture evenly into the holes. Sprinkle the remaining $\frac{1}{2}$ cup of cheddar over the tops. Bake for 20-25 minutes, or until the cups are lightly golden and the cheese has melted.
7. Remove from the oven and allow to cool slightly for 5 minutes. Carefully run a knife along the sides to loosen the cups from the tray. **Chef's Tip: For meal prepping, freeze the cups and heat as needed!*
8. Serve 2 cups with a fresh leafy green salad and ENJOY! **Chef's Tip: Best served while warm.*