

# WILD RICE HARVEST BOWLS WITH FIG BALSAMIC VINAIGRETTE



## SAVEUR PRODUCT USED

SPICED FIG, MAPLE & PEAR BALSAMIC VINEGAR, SEASONED SALT, SPICY CAJUN MIX, GARLIC MIX

## HARVEST BOWL INGREDIENTS

- 1 cup wild-brown rice blend**
- 1-¾ cup gluten-free chicken broth**
- 3 cups 1" butternut squash cubes (about 1 small squash)**
- 3 tbsp melted butter or ghee**
- ½ - 1 tsp Saveur Spicy Cajun Mix or Saveur Garlic Mix**
- Saveur Seasoned Salt to taste**
- 200 grams or ½ pound thinly shredded brussel sprouts**
- 1 large or 2 small apples, chopped**
- ⅓ cup white cheddar cheese, cut into cubes**
- ⅓ cup sliced almonds or pepitas**
- ⅓ cup dried cranberries**

## FIG BALSAMIC VINAIGRETTE INGREDIENTS

- ½ cup fresh pressed extra virgin olive oil**
- ¼ cup Saveur Spiced Fig, Maple & Pear Balsamic Vinegar**
- Saveur Seasoned Salt to taste**



## METHOD FOR HARVEST BOWL

Add rice and chicken broth to a small saucepan then bring to a boil, place a lid on top, then turn heat down to a simmer and cook for 40-50 minutes or until rice is al dente (verify liquid amount and cooking method with rice package directions.) Set aside to cool slightly - can be done a day ahead of time.

Preheat oven to 400F/205C degrees. Line a half sheet pan with foil then grease foil. Add butternut squash cubes, 1-½ tbsp melted butter, Spicy Cajun Mix and Seasoned Salt, then toss with your fingers to evenly coat. Roast for 15-20 minutes, or until squash is tender, stirring halfway through. Set aside to cool slightly - can be done a day ahead of time.

Meanwhile, line another half sheet pan with foil then grease foil. Add shredded brussel sprouts, remaining 1-½ tbsp melted butter or ghee, and Seasoned Salt then toss with your fingers to evenly coat. Add to oven after stirring the squash then roast together for 8-10 minutes or until brussel sprouts are tender and golden brown.

## METHOD FOR THE FIG BALSAMIC VINAIGRETTE

Combine ingredients in a bowl or jar with a tight-fitting lid then whisk or shake to combine (might need to microwave for 15-20 seconds to help thicken.) Taste then add more Seasoned Salt if desired.

In a large bowl combine cooked rice, butternut squash, brussel sprouts, apples, cheese, almonds, and dried cranberries. Drizzle Fig Balsamic Vinaigrette on top then toss to coat and serve.