

Rainbow Chard Wraps

Preparation time: Approximately 45 minutes / Serves 4-6



INGREDIENTS

- 1 large bunch **FOXY Organic Rainbow Chard**
- 1 cup brown rice
- 1 tablespoon olive oil
- 1 onion, diced
- 1-2 cloves garlic, finely chopped
- 1/3 cup pine nuts or walnuts
(chopped into small pieces), lightly toasted
- 1/3 cup raisins
- zest and juice of 1 lemon
- handful of dill, parsley and mint,
finely chopped
- 1/2 teaspoon allspice
- 1/4 teaspoon dried chili flakes
- salt and pepper to taste

PREPARATION

Place the rice in a pot with 2 cups of water and a pinch of salt. Bring to a boil and then turn down to a simmer. Simmer, tightly covered (about 35 minutes).

Remove the stems from the chard leaves by slicing them off at the base of the leaf.

Blanch the leaves in lightly salted boiling water for just 1-2 minutes for small leaves, or 3-4 minutes for larger leaves. Immediately rinse in cold water to stop the cooking process and retain the vibrant green color.

In a large sauté pan, heat the olive oil and then add the onion and a pinch of salt and pepper. Stir until the onion begins to turn translucent and then add the garlic, cooking for 30 seconds more.

Put the onion and garlic into a large bowl along with the rice, nuts, raisins, lemon zest and juice, herbs and spices. Season with salt and pepper and stir until well combined.

To make the wraps, place a chard leaf horizontally before you on a flat surface with the veins and stem protruding upward. Place a tablespoon of the rice mixture into the middle of the leaf, spreading it out horizontally into a cigar shape along the main leaf vein. Fold in each side on the left and right, then take the side facing nearest you and fold it over the rice mixture, rolling the wrap tightly up as you do so. Place seam side down a plate, and continue with the remaining chard leaves.

Serve with a squeeze of lemon and a drizzle of olive oil.