

SPINACH AND BROWN RICE PIE

Got any brown rice left over from dinner? Use any leftovers and whip up this yummy rice pie. It's packed with spinach which is high in iron, packed with wholegrain fibres, onion and garlic, the legends at immune support and this pie tastes delicious. Even my spinach hating daughter loves this!

INGREDIENTS

- Left over cooked brown rice (2-3 cups)
- 2-3 onions chopped finely
- 3 garlic cloves chopped finely
- 2 bags frozen organic spinach defrosted or 1 large bag baby spinach
- 4 eggs
- 1/2 cup milk of choice or 1/2 cream (omit if dairy free)
- Spices: 1 teaspoon of cumin, turmeric, coriander, garam masala (dill could work too)
- Salt and pepper to taste
- Additions: You can add feta, grated cheese or tempeh for more flavour and texture)



METHOD

- Fry onion and garlic in oil of choice for 5 mins
- Add spinach and mix well
- Add brown rice and spices
- In separate bowl mix eggs, milk (or cream) and spices and beat until creamy. If you have a lot of rice you may need to add a little more milk
- Mix the egg mixture into rice mixture and combine well
- Put into your favourite oiled pie dish and cook in an oven at 180 degrees for 30-40 min or until golden brown

It's great served hot or cold, a great lunch box item and super delicious.



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