

# Wild rice with swiss chard, dates and feta cheese

Cuisine: **Middle-East**  
Food category: **Vegetables**



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Company: **Retigo**



## Program steps

Preheating: 105 °C

1

Steaming

Termination by time

00:40  
hh:mm

99 °C

50 %

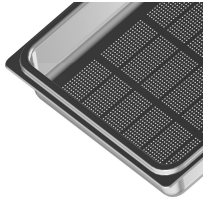
| Ingredients - number of portions - 2 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| rice                                 | 150   | g    |
| swiss chard                          | 200   | g    |
| dried dates                          | 60    | g    |
| walnuts                              | 10    | pcs  |
| feta cheese                          | 40    | g    |
| red wine vinegar                     | 10    | ml   |
| butter soft                          | 10    | g    |
| olive oil                            | 10    | ml   |

| Nutrition and allergens                                                                                   |          |
|-----------------------------------------------------------------------------------------------------------|----------|
| Allergens: 7, 8<br>Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn<br>Vitamins: A, B, C, D, E, K |          |
| Nutritional value of one portion                                                                          | Value    |
| Energy                                                                                                    | 471.5 kJ |
| Carbohydrate                                                                                              | 81.9 g   |
| Fat                                                                                                       | 10 g     |
| Protein                                                                                                   | 12 g     |
| Water                                                                                                     | 0 g      |

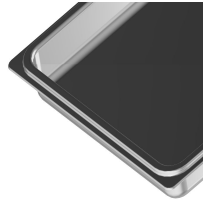
## Directions

Set the Retigo combi oven on a steam mode, 99°C, 40 minutes with preheating. Rinse the rice and put it into a stainless steel full GN container 60mm with 220ml of warm water, salt and some butter. After preheating insert into the oven. Clean the swiss chard and put it into a stainless steel perforated GN container 40mm and steam it for about 1 minute. Cut the dates into a small pieces and mix them in a big mixing bowl with red wine vinegar and olive oil. Slice the walnuts and swiss chard. Mix all the ingredients with rice, season with salt and pepper and crumble the feta cheese over the rice.

## Recommended accessories



GN container Stainless  
steel perforated



GN container Stainless  
steel full