



Turkey pavé with wholegrain rice and broccoli couscous



10 persons



Ingrediënten

- 10 pcs Turkey pavé
- 500 g wholegrain rice
- 50 g dried onion
- 1 bay leaf
- 2 heads of broccoli
- 1 pinch of thyme
- 1 l vegetable stock
- 100 g raisins
- ¼ flat leaf parsley
- 1 to 2 chilli peppers
- dash of olive oil
- 150 g yoghurt
- Turmeric
- Pepper & salt

Bereiding

Dip the upper part of the Turkey pavé into the fried onion and fry the pavé according to the instructions on the packet.

Fry the rice in some olive oil and add the thyme and bay leaf.

Moisten the rice with the vegetable stock, cook it for 8 min. and let it rest for another 10 to 15 min.

Finely chop the flat leaf parsley.

Cut the chilli peppers into rings. Clean the broccoli and chop it finely into couscous consistency.

Soak the raisins in water for 10 minutes.

Then add the broccoli, raisins, flat leaf parsley and chilli peppers to the rice. Season the rice with pepper, salt and a dash of olive oil.

Mix the yoghurt with the turmeric, pepper and salt.

Arrange the food attractively on the plate.

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