

CHEESY BOLOGNAISE RICE ROLL-UP

Serves 6

Hands-on time: 30 minutes

Hands-off time: 1 hour

INGREDIENTS

For the rice layer:

1 cup Spekko Royal Umbrella Jasmine Long Grain White Rice

$\frac{2}{3}$ cup plain yoghurt

2 eggs

1½ cups grated mozzarella cheese

1 tsp each salt and pepper

For the lentil bolognaise filling:

1 onion, chopped

2 cloves garlic, crushed

1 tsp dried oregano

2 tbsp tomato paste

3 cups vegetable stock

1 cup IMBO Whole Brown Lentils

$\frac{1}{4}$ tsp each salt and pepper

Serving suggestion:

Fresh parsley, chopped

Side salad

METHOD

1. Preheat the oven to 180°C and line a baking tray with baking paper.

For the rice layer:

2. Add the Spekko Royal Umbrella Jasmine Long Grain White Rice to 2 cups of salted water in a medium pot. Bring to the boil, uncovered. Reduce the heat to low, cover and allow to simmer for 15-20 minutes until soft. Turn off the heat and allow the rice to steam for a further 5-10 minutes. Remove the lid, loosen the rice slightly with a fork and allow to cool.
3. Add the yoghurt, eggs and 1 cup of mozzarella cheese to the cooled rice and mix to combine. Season with salt and pepper. **Chef's Tip: Use cheddar cheese, if preferred.*
4. Spoon the rice mixture onto the baking paper on the baking tray and press flatly to form a thin rectangular base, about 2cm thick. Par-bake the rice until slightly golden and the cheese has melted, about 20 minutes. Allow to cool slightly.

For the lentil bolognaise filling:

5. In a large pot over medium heat, sauté the onion with the garlic until soft, about 3 minutes. Add the oregano and tomato paste and stir until fragrant.
6. Rinse and drain the IMBO Whole Brown Lentils and add it to the pot with the vegetable stock. Bring the mixture to the boil, reduce the heat to a low and allow to simmer for about 40 minutes until the lentils are tender. **Chef's Tip: If the liquid hasn't reduced enough, add a tablespoon of corn flour to thicken.*

