

Serves 4 • Serving size: ½ cup

25
minutes

PREP: 10 minutes
COOK: 15 minutes

Confetti Rice PILAF

2 cups water
½ tsp. coarse kosher salt, divided
½ cup rice
¼ cup orzo pasta
¼ cup carrot, chopped
¼ cup red bell pepper, seeded and chopped
¼ cup red onion, chopped
1 small garlic clove, peeled and crushed
½ cup loosely packed Italian flat-leaf parsley, chopped
1 tbsp. minced fresh thyme
¼ cup extra virgin olive oil
2 tbsp. red wine vinegar

1. In the base of the Microwave Rice Maker add water, ¼ tsp. salt, rice and orzo; stir to combine. Microwave on high 5 minutes.
2. Continue to microwave at 50% power 10 minutes more.
3. Remove from microwave, let stand 5 minutes. Transfer rice to a large bowl, fluff with fork.
4. Meanwhile make the confetti dressing. In a medium bowl, whisk together carrot, pepper, red onion, garlic, parsley, thyme, oil, vinegar and remaining salt.
5. Pour dressing over rice; toss to coat. Serve warm or cold.

Nutritional Information (per serving):

Calories: 180 Total Fat: 8g Saturated Fat: 1g Cholesterol: 0mg
Carbohydrate: 23g Sugar: 2g Fiber: 2g Protein: 3g Sodium: 250mg
Vitamin A: 40% Vitamin C: 110% Calcium: 4% Iron: 6%

date
me

Tupperware®



TO DEMO



Microwave Rice
Maker

OPTIONAL



Measuring
Cups



Measuring
Spoons



Silicone
Spatula



Whisk