



Recipes

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Deconstructed Dolmadas

Prep Time: 10 Minutes

Cooking Time: 20 Minutes

Serves 1

Ingredients:

- 1/4 cup Extra-Virgin Olive Oil
- 1 cup Onion , white , diced
- 1 cup Fennel Bulb , diced
- 1 tsp. Lemon Zest
- 1/2 cup Pine Nuts , toasted
- 1 cup Long-Grain Rice
- 2 cups Chicken Stock
- 1/4 cup Lemon Juice , fresh
- 1/2 cup Grape Leaves , jarred , chopped
- 2 Tbsp. Dill , fresh , chopped
- 2 Tbsp. Parsley , fresh , chopped

Directions:

1. In a large sauté pan, over medium heat, add oil. Add onion, fennel and lemon zest and sauté until translucent. Add toasted pine nuts, rice and chicken stock. Simmer, covered for 20-25 minutes or until rice is tender.
2. Once rice is finished cooking, while still on heat, add lemon juice and grape leaves, heat through. Remove from heat; add dill and parsley, mix well to combine. Reserve warm.