

Wild Rice Sautéed with Corn, Mushrooms, and Asparagus

From – Madhur Jaffery's *World Vegetarian*

2 Tbsp olive oil
1 garlic clove, peeled and finely chopped
1 shallot peeled and finely chopped
3 large mushrooms, thinly sliced
½ lb asparagus, trimmed and cut into 1 inch sections
1 cup corn
¼ cup vegetable stock
¼ tsp salt
ground black pepper
½ tsp dried thyme
1 cup cooked wild rice
1 tsp oriental sesame oil
2 tsp roasted sesame seeds

- Cook rice according to package directions.
- Put oil in a large saute pan and set over medium-high heat. When hot, put in the garlic and shallot. Stir and cook for 10 seconds.
- Put in the mushrooms and stir and cook for about 30 seconds or until silken.
- Add the asparagus. Stir and cook for 30 seconds.
- Add the corn, stir once, then pour in the stock and bring to a simmer. Cover, turn the heat to medium, and cook for 3 minutes.
- Uncover, add the salt, pepper and thyme. If there is a lot of liquid left, boil most of it away by turning up the heat a bit.
- Stir in the pre-cooked wild rice.
- Drizzle the sesame oil over the top and stir to mix.
- Serve sprinkled with the roasted sesame seeds.



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