

Brown rice salad



Ingredients

- 1 x 450g microwaveable brown rice sachet
- 3 spring onions
- 1 Lebanese cucumber
- 1 red capsicum
- ½ bunch flat leaf parsley
- 2 cups baby spinach
- 2 tablespoons pumpkin seeds
- ½ cup cashew nuts
- ½ cup dried cranberries

Makes 1 large salad

Dressing

- 2 cloves of garlic
- Juice of 1 lemon
- 3 tablespoons reduced-salt soy sauce
- ¼ cup extra virgin olive oil



1 Transfer

Transfer the brown rice sachet into a large bowl and break up with a fork.

2 Dice

Finely slice the spring onion. Dice the cucumber and red capsicum. Then add these vegetables to the brown rice.

3 Chop

Remove the flat-leaf parsley leaves from the stems. Roughly chop the leaves.



4 Add

Add the chopped parsley, baby spinach, pumpkin seeds, cashew nuts and dried cranberries to the brown rice mix.

5 Combine

Peel and crush garlic cloves. In a small jar or container with a lid, combine dressing ingredients: crushed garlic, lemon juice, soy sauce and extra virgin olive oil.

6 Serve

When ready to serve, secure the lid and shake the dressing until well combined. Pour dressing over the salad and mix well.

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3 spring onions



1 Lebanese cucumber



1 red capsicum



½ bunch flat leaf parsley



2 cups baby spinach



2 tablespoons pumpkin seeds



½ cup cashew nuts



½ cup dried cranberries



2 cloves of garlic



Juice of 1 lemon



3 tablespoons reduced-salt soy sauce



¼ cup extra virgin olive oil

Equipment



Juicer



Chopping board



Mixing bowl



Knife



Measuring spoons



Measuring cups



Garlic crusher



Mixing spoon



Small jar or container with lid