

## Christmas Brown Rice Salad

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 0 minutes



2 serves per portion

### Ingredients

450g brown rice, cooked  
3 spring onions, thinly sliced  
60g cashews, roasted  
60g sunflower seeds, roasted  
3 cups currants  
2 red capsicums, finely diced  
2 cups spinach, finely chopped  
½ cup parsley, finely chopped

### Sauce

¼ cup soy sauce  
⅓ cup olive oil  
1 garlic clove, finely diced  
2 tablespoons lemon juice

### Method

MIX soy sauce, olive oil, garlic, and lemon juice in a small bowl. Set aside.

ADD brown rice, spring onions, cashews, sunflower seeds, currants, capsicum and parsley to a large bowl.

POUR sauce over brown rice and other ingredients.

MIX all ingredients together and serve cold.



Everyday Food

*Recipe courtesy of Maddy Noon, Country Kitchens Team*