

Christmas Brown Rice Salad

Serves: 10

Prep time: 15 minutes

Cook time: 0 minutes



2 serves per portion

Ingredients

3 cups brown rice, cooked

3 spring onions, thinly sliced

1/3 cup cashews, roasted

1/3 cup sunflower seeds, roasted

2 cups currants

2 red capsicums, finely diced

3 cups spinach, finely chopped

1/2 cup parsley, finely chopped

Sauce

1/3 cup reduced salt soy sauce

1/3 cup olive oil

2 garlic clove, finely diced

3 tablespoons lemon juice

1 teaspoon cumin

Method

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

ADD brown rice, spring onions, cashews, sunflower seeds, currents, 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