

Brown Rice Salad

A delicious and filling salad - always a hit at parties and gatherings!

Ingredients

- 3 cups brown rice
- 6 spring onions (shallots)
- 1 can sweet corn kernels, drained
- 1 cup finely chopped tomatoes
- 1 green capsicum/bell pepper, cored, seeded and diced
- 1 cup sultanas/raisins
- 150g (3.5oz) roasted cashews
- 2 tablespoons pan-roasted sunflower seeds
- 3 tablespoons chopped parsley

Salad Dressing (see below)

- 1 tablespoon flaxseed oil
- 2 tablespoons soy sauce
- 2 tablespoons lemon juice
- 1 tablespoon maple syrup
- 1 teaspoon crushed garlic

Method

1. Cook the rice until tender. Rinse and drain well, or take from microwave if using microwaveable rice.
2. While rice is cooking, chop the spring onions/shallots finely and prepare other ingredients. Roast sunflower seeds in a small pan over medium heat; no oil.
3. Transfer the rice to a bowl while still warm and add the spring onions. Mix in the sweet corn, capsicum, tomatoes, sultanas, parsley and sunflower seeds. Toss thoroughly and transfer to a serving dish.
4. Mix in Salad Dressing and add cashew nuts last to ensure crispness.

