

Rice Salad

This rice salad is versatile, it can be used as a main meal or as a side dish.

Author: Unknown

PREP TIME

TOTAL TIME

15 minutes

1 hour

Servings (1/4-cup servings)

Ingredients

Rice Salad

- ¼ cup brown basmati rice
- ¼ cup white basmati rice
- 1 Spring Onion diced
- ½ red capsicum diced
- 2 tbsp currants
- 1 tbsp of sunflower seeds

Dressing

- 2 tbsp olive oil
- 2 tbsp Soy sauce
- Juice of 1 lemon
- ½ garlic clove finely chopped

Instructions

1. Add brown rice to a pot and fill with 2 cups of water. Bring to a boil.
2. After 10 mins add the white rice. Cook for 20 mins. Drain the water, place in a bowl and put in the fridge to cool.
3. Chop spring onions and capsicum and place in a bowl.
4. Add currants and sunflower seeds.
5. When rice has cooled, add to the bowl of prepared ingredients. Mix.
6. To create dressing: Place all ingredients in a bowl. Mix well using a whisk.
7. Add to rice mix prior to eating.