

Brown Rice Salad

Equipment

Saucepan
 Medium bowl
 Chopping board
 Knife
 Jar with lid
 Large serving bowl



INGREDIENTS

3 cups cooked brown rice
 3 spring onions or a bunch of chives sliced
 1 red capsicum finely diced
 ½ cup currants or sultanas
 2 tablespoon sunflower seeds
 2 tablespoons pepitas
 ¼ cup olive oil
 4 tablespoons soy sauce
 2 tablespoons lemon juice
 1 garlic clove crushed

METHOD

1. Place the rice, sliced spring onions, diced capsicum, currants and seeds In a large salad bowl, then toss to mix.
2. In a screw-top jar, add the sunflower oil, soy sauce, lemon juice and garlic.
3. Shake well to mix and then pour over the salad, stirring to coat all ingredients.

Optional: add diced or cherry tomatoes or use red onion instead of spring onion