

# Super nice rice salad

Recipe with thanks from Foodbank WA

Traffic light category: **Green**

Serves: 10 (300g per serve)

## Ingredients

- 4 cups basmati rice, cooked and cooled
- 1 cup canned corn kernels, drained and rinsed
- 2 sticks celery, trimmed, diced
- ½ red capsicum, diced
- 1 red apple, peeled, diced
- 1 medium carrot, peeled, grated
- ½ cup sultanas
- ¼ cup pumpkin seeds

## Dressing

- 2 tablespoons olive oil
- 2 tablespoons white vinegar
- 4 tablespoons Dijon mustard
- 4 tablespoons honey
- Freshly ground black pepper

## Method

1. Combine the rice, vegetables, fruits and seeds in a large bowl, set aside
2. For the dressing, combine the olive oil, vinegar, Dijon mustard, honey and black pepper in a jar or bowl, whisk or shake until combined
3. Just before serving pour dressing over rice mix and stir until combined.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	867kJ	592kJ
Protein	3.4g	2.3g
Total fat	5.78g	3.95g
Saturated fat	0.93g	0.64g
Carbohydrate	34.4g	23.5g
Sugars	11.5g	7.9g
Dietary fibre	2.06g	1.4g
Sodium	89mg	61mg



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