

Brown Rice Salad

Traffic light category: **Green**

Serves: 10 (293g per serve)

Ingredients

- 4 cups brown rice, cooked and cooled
- 2 red capsicums, finely chopped
- 2 green capsicums, finely chopped
- 6 spring onions, sliced
- 1 cup raisins or currants
- ½ cup sunflower seeds

Dressing

- 4 tablespoons salt reduced soy sauce
- 4 tablespoons olive oil
- 2 cloves garlic, crushed
- 4 tablespoons lemon juice
- ½ cup parsley, finely chopped

Method

1. Prepare brown rice according to packet instructions. Once cooked, leave to one side to cool
2. Place rice, diced capsicum, spring onions, raisins and sunflower seeds in a large mixing bowl
3. In a screw-top jar combine soy sauce, olive oil, crushed garlic and lemon juice. Shake well
4. Pour the dressing over the salad and add chopped parsley. Mix well before serving.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1225kJ	417kJ
Protein	6.79g	2.32g
Total fat	9.74g	3.32g
Saturated fat	1.40g	0.48g
Carbohydrate	41.93g	14.29g
Sugars	20.25g	6.91g
Dietary fibre	5.73g	1.95g
Sodium	298mg	101mg

