

Brown Rice Salad



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Total time: 15 min

Preparation: 15 min

Cooking: 0 min

Created by: QAST

Category: Cold Meals

Level: Easy

Ingredients

- 3 cup Brown rice cooked
- 6 each Spring onions sliced
- 1 each Red capsicum finely diced
- 0.5 cup Currants
- 2 tbsp Sunflower seeds
- 2 tbsp Pepitas
- 0.25 cup Sunflower or Olive oil
- 4 tbsp Soy sauce
- 2 tbsp Lemon juice
- 1 each Garlic clove crushed

Recipe

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.
4. You can add tofu, cooked egg, fish, chicken or meat to this dish.

Full description

Serve and enjoy this healthy and delicious salad!

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