

RICE SALAD

Wheat-free Gluten-free Dairy-free Vegan

A refreshing and nutritious accompaniment to any meal.

Ingredients:

Rice Salad:

- 3 cup natural rice cooked and cooled (made from 1 cup raw rice)
- ½ green pepper, chopped
- ½ cup celery or red apple (chopped)
- 1 tbsp shallots, chopped
- 1 tbsp parsley, chopped
- 1 tbsp sultanas

Dressing:

- 1 tbsp salad oil
- 1 tbsp lemon juice
- 1 tsp honey (optional)
- 1 tsp curry powder
- 1 garlic clove, crushed (or 1 tsp granules)

Method:

Add green pepper, celery/apple, shallots, parsley and sultanas to rice.
Mix dressing ingredients together and mix through rice salad.