

RECIPE MAKEOVER

BROWN RICE SALAD

Crisp carrots, cucumbers, radishes, and celery combine with fresh basil, mint, and parsley in this honey-Dijon-dressed rice salad. Serve chilled or at room temperature, this versatile dish is perfect for al fresco dining alongside your choice of protein.



Brown Rice Salad

Makes 6 servings

Ingredients

- 2½ cups cooked, long-grain brown rice
- ½ cup chopped carrots
- ½ cup chopped seedless cucumber
- ½ cup sliced radishes
- ½ cup chopped celery
- ½ cup chopped red onion
- 1 cup fresh or frozen (thawed) peas
- ¼ cup chopped fresh parsley

For Dressing:

- ¼ cup chopped basil
- ¼ cup chopped mint
- 1 tbsp honey
- 2 tbsp extra-virgin olive oil
- 3 tbsp lemon juice
- 1 tsp Dijon mustard
- ½ tsp red pepper flakes
- ¼ tsp sea salt

Directions

1. To make dressing, place all ingredients into a small bowl and whisk until combined.
2. Add all salad ingredients into a large bowl. Pour in the dressing and toss gently to combine.
3. Cover the bowl and place it in the fridge to chill for 1 to 2 hours to allow flavours to meld.
4. If you would like to eat the salad at room temperature, remove the salad from the fridge 30 minutes before serving.



So Good!

Nutritional Information Per Serving: Cal. 180 | Fat 6g (1g Sat. Fat) | Carb. 29g | Protein 4g | Fibre 4g | Sodium 170mg