

Good Enough 2 Eat

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Brown Rice Salad

With summer just around the corner you'll be looking for salad to go with those outdoor BBQs and picnics. Brown Rice Salad is a new twist to a popular dish. Cool food for summer which is nutritious, filling and versatile. It's also easy to prepare and good enough to eat.

You'll need:

- 1 cup of cooked brown rice.
- Spring onions chopped finely.
- A red pepper chopped finely.
- Half cup raisins.
- Half cup of cashews toasted.
- 2 Tablespoons of parsley chopped.

For the dressing you'll need.

- 4 Tablespoons olive oil.
- 3 Tablespoons of soy sauce.
- 1 clove of garlic crushed.
- 1cm of root ginger chopped finely.
- Juice of one lemon.
- Salt and pepper to taste.



Here's what to do:

Start by cooking the rice. It takes about 2 cups of water to 1 cup of rice. Combine the rice and the water and bring to the boil. Reduce the heat and simmer for 20 minutes. Remove from the heat and allow the rice to cool.

Make the dressing while you're waiting. Simply add the ingredients to a small screw topped jar and shake well to mix thoroughly before serving. Set aside.

Now, back to the rice. Place the rice in a bowl and add the remaining ingredients. Toss through the dressing and serve immediately. The rice hull or husk is a hard protective shell around every grain which people cannot eat. The hull is removed when the rice is milled leaving a layer of bran, like a thin layer of skin. This layer gives the rice its brown colour. White rice is just brown rice with the outer bran layer removed. Cooked brown rice has a slightly chewy texture and a nutty flavour. Brown rice is rich in minerals and vitamins especially the B-complex group. This is a delicious dish and really is Good Enough to Eat!