

Good Enough 2 Eat

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Rice Salad with Craisins

You'll need:

- 1 cup raw brown rice
- 6 spring onions, sliced
- ½ cup craisins
- ½ cup sunflower seeds
- ½ cup diced red capsicum
- Handful of parsley
- ½ cup raw cashews



Craisins are dried cranberries and can be purchased in the dried fruit section of most supermarkets.

To make the dressing add:

- ¼ cup olive oil
- 2 tablespoons freshly squeezed lemon juice
- ½ tablespoon soy sauce
- 1 clove garlic, crushed

Place all ingredients in a jar and shake well.



Here's what to do:

1. Cook rice and leave to cool.
2. Prepare all other ingredients, *except* cashews, and stir through rice.
3. Prepare dressing (*see recipe above*) and stir through rice salad, along with cashews, just before serving.

For an Asian flavour, substitute parsley with coriander and lemon with lime juice in the dressing.