

Crunchy Rice Salad

This salad is perfect for taking on a picnic, for a healthy filling lunch or as an accompaniment for a barbecue. It has lots of lovely flavours and textures and can be easily adapted to include other tasty ingredients.



Cashew nuts and sulphites*

Nutritional information per portion (215g):

Energy	Fat	Saturates	Sugars	Salt
1219kJ 292kcal 15%	17g 24%	3g 15%	5g 6%	0.03g 0%

of an adult's reference intake.
Typical values per 100g: energy 567kJ/136kcal.

Equipment

Weighing scales
Kettle
Large saucepan
Wooden spoon
Small mixing bowl
Jam jar with well-fitting lid
Measuring jug
Garlic press
Chopping board
Sharp knife
Frying pan or baking tray
Pan stand
Oven gloves
Colander
Large mixing bowl
Sieve
Clean tea towel

Ingredients

Serves 6
Salad
175g brown rice
100g cashew nuts (optional)
4 spring onions
1 pepper (red, yellow or orange)
12 cherry tomatoes
½ cucumber
1 x 30g bunch coriander
Dressing
50ml olive oil
50ml balsamic vinegar
50ml apple juice
2 cloves garlic

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- The texture of this salad relies on the nutty texture of brown rice – white rice would be too soft.
- To test if the rice is ready, use a wooden spoon to lift out a few grains from the pan. Place on a plate or chopping board then bite into one grain of rice. The texture should be firm and chewy, not chalky.

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Method

1. Fill the saucepan with boiling water and add the rice. Stir once to separate the grains, then turn the heat down to a gentle simmer for 25 minutes or follow the pack instructions.
2. Make the dressing in a clean jam jar. Measure out the oil, vinegar and apple juice and pour into the jar. Peel and press the garlic cloves or chop them up finely, then add to the jar. Screw the lid on tightly and give it a really good shake to mix it up. Set aside.
3. If you are using cashew nuts, toast them either on a baking tray in the oven, or in a frying pan on the hob, with no added oil. Either method will take about 7 minutes.
4. Wash all of the vegetables in cold water.
5. Top and tail the spring onions, peel off and discard the outer layer. Chop finely and add to the large mixing bowl. Deseed the pepper and chop into 2cm chunks and add to the large mixing bowl.
6. Chop the cucumber into small bite-sized chunks, cut the cherry tomatoes in half and add to the other ingredients in the bowl.
7. Drain the rice, and put it back in the saucepan. While the rice is still hot, pour over the dressing and allow all the flavours to soak in. Cover with a clean tea towel, so that the steam can escape, and leave to cool down for a few minutes.
8. When the rice has cooled, mix in all the crunchy vegetables. Finely chop the coriander into 1cm lengths and stir in.
9. Just before serving, sprinkle the cashew nuts over the rice salad, if using (they will go soggy if added earlier).

Something to try next time

- Try adding chopped up cooked chicken, crumbled feta cheese, or roasted butternut squash for different textures and flavours.
- Instead of cashew nuts, you might prefer to use 100g of pine nuts or pumpkin seeds.
- For a more subtle flavour, substitute coriander with 1 x 30g bunch of chopped parsley.

Prepare now, eat later

- Chop the vegetables up to 24 hours ahead and store in bags in the fridge.
- Brown the nuts and, once they have cooled down, keep in an airtight container or jam jar for 3–4 days.
- This salad can be made in advance. Cool quickly (within 1 hour) and store in the fridge. Use within 24 hours.

Skills used include:

Weighing, chopping, crushing, boiling/simmering and cooling.