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# Brown rice salad with caramelised onions, rainbow chard, parsley & balsamic currants

Season: Autumn/Winter/Spring  
Type: Salads  
Difficulty: Intermediate  
Serves: 24 tastes in the classroom  
or 4 adult serves at home

Fresh from the garden: bay leaves, celery tops (or spring onions), garlic, mint, onions, oregano, parsley, rainbow chard, thyme

Recipe Source: Collingwood College, Victoria

Make sure you cook and cool the rice before making the salad. If you don't have a rice cooker, get the rice on first, using the absorption method detailed at the bottom of this recipe.

## Equipment:

- colander
- rice cooker
- small pot
- spoon
- salad spinner
- 2 clean tea towels
- chopping board
- large knife
- 2 large heavy-based frying pans
- wooden spoon
- 2 small bowls
- large salad bowl
- lemon juicer
- salad tongs
- serving bowls
- lemon zester

## Ingredients:

### For the rice:

- 2 cups long-grain brown rice *to 4 cups water*
- 1 L cold water (or vegetable stock or shiitake mushroom stock)
- 3 bay leaves

### For the balsamic currants:

- ½ cup currants
- 150 mL cold water
- 2 tablespoons balsamic vinegar

### For the rainbow chard:

- 4 leaves of rainbow chard
- 80 mL olive oil
- salt and pepper, to taste

### For the celery tops and onion:

- handful celery tops (or spring onions)
- 80 mL olive oil
- 3-4 brown onions
- 3 garlic cloves
- 1 tablespoon of olive oil

### For the fresh greens:

- 2-3 sprigs of each of thyme, oregano, mint, parsley (to taste)
- 6 silver beet leaves
- 1 lemon
- salt and pepper

### For the yogurt sauce:

- 1 lemon
- 2 cups plain yoghurt

Add  
carrots  
sugarsnap peas

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What to do:

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**To cook the rice:**

- Put the rice in the colander and wash it under cold water.
- Put the rice into the rice cooker with the cold water (or stock) and bay leaves. Put the lid on the rice cooker and turn it on. The rice will take 30–40 minutes to cook.
- Cool the rice before adding it to the salad.

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**To make the balsamic currants:**

- Put the currants into the small pot with the water and balsamic vinegar.
- Put the pot on a high heat. Bring to the boil, stirring with the spoon, to reduce all liquid. Cook until the currants are plump.
- Set aside to cool.

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**To cook the rainbow chard:**

- Wash the rainbow chard and dry it in the salad spinner.
- Set out the chopping board and large knife. Dampen a tea towel and place it under the chopping board to prevent it from slipping.
- Cut the stalks off the rainbow chard leaves. Chop the stalks into fine slices. Shred the leaves by rolling them into a fat sausage and slicing across the sausage.
- Heat the frying pan with 80 mL olive oil. Add the rainbow chard and sauté the chard until it looks wilted. Season the rainbow chard with salt and pepper to taste.
- Carefully drain any excess liquid off the rainbow chard and set it aside to cool while the rice is cooking.



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**To cook the celery tops and onion:**

- Wash the celery tops (or spring onions) and dry them in the salad spinner.
- Finely chop the celery tops.
- Peel the onions and chop them into thin slices.
- Peel the garlic cloves, then finely chop them.
- Put a frying pan over a medium heat. Put a small amount (about a tablespoon) of olive oil into the frying pan.
- When the oil is hot, add the onion. Cook the onion slowly, stirring with a wooden spoon, until it is golden brown. (This will take about 15–20 minutes.)
- Add the celery tops (or spring onion) and chopped garlic. Cook for 3 minutes, then take the frying pan off the heat and set aside.

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**To prepare the fresh greens:**

- Wash the thyme, oregano, mint and parsley, and gently dry with a clean tea towel.