

BROWN SALAD

Ingredients

- 1 cucumber finely chopped
 - 2 stalks celery finely chopped.
 - 1 red onion finely chopped finely
 - 2 zucchini grated or yellow squash.
 - 1/2 bunch chives chopped finely
 - 1/2 bunch spring onions chopped finely
 - 1/2 bunch mint finely chopped.
 - 150g of sultanas
 - 4 eggs hardboiled (not to be used in classes)
 - 1 handful green beans with egg allergies.
 - 3 cups of brown rice.
 - 1/2 cup of chopped capsicum, green or yellow.
- messing / 125 mls olive oil / 1 tablespoon honey / 40 mls of
method red wine vinegar

- 1. wash rice, and place in rice cooker with 6 cups of rice.
- 2. place eggs in a small saucepan of cold water. Place on the stove and cook until boiled.
- 3. Chop all herbs, vegetables and place in a large bowl.
- 4. Once eggs are cooked, ask an adult to drain the eggs, run cold water over them, peel, then finely chop.
- 5. Remove rice from the rice cooker, add all chopped herbs and vegetables.
- 6. In a jar mix the vinegar, oil, 1 lemon squeezed and a tablespoon of vinegar.