



Salad of the imagination

Ingredients

Essentials

- * brown rice steamed
- * warrigal greens washed dried and sautéed
- * avocados peeled chopped and squeezed with lemon juice

- * Handful of mixed herbs

* OPTIONAL ITEMS

- * eggs hard boiled, peeled and chopped
- * fetta cheese cubed
- * snow peas chopped and peas podded
- * cauliflower florets roasted in the oven with oil and zatar
- * caramelised onions , stirred through the hot rice
- * dried fruit , dates, or currants
- * brocolini washed and blanched
- * divide into 2 bowls, add your dressing and place a portion onto each persons plate.

* method

- * have a think about what ingredients work together then wash and prepare them.
- * remove rice from the cooker and toss through your chosen ingredients, add dressing , place into 2 bowls and serve a portion onto each plate.
- * DRESSING options
- * olive oil
- * lemon or lime juice
- * mustard
- * brown sugar