

# RECIPE

# Autumn Rice Salad.

## INGREDIENTS

3 cups basmati rice.  
 6 cups water  
 1 tablespoon turmeric  
 1 teaspoon cumin  
 1 teaspoon coriander  
 4 vine ripened tomatoes  
 1/2 red onion  
 30 grams pumpkin or sunflower seeds  
 40 grams sultanas  
 40 grams dates  
 4 spring onions finely diced.  
 1 handful fresh herbs, basil, parsley  
 or mint.

## PREPARATION TIME

## TEMPERATURE

## SERVES

25 as a snack.

- ☐ WEEKNIGHT MEAL
- ☐ DINNER PARTY
- ☐ DELICIOUS BREAKFAST
- ☐ PERFECT FOR LUNCH
- ☐ SLOW COOKING
- ☐

## METHOD

- 1) Cook the rice until happy with the consistency
- 2) Dice the tomatoes, chop spring onions, chop the onion finely
- 3) Add finely chopped herbs, seeds
- 4) Cook finely chopped onion in a small fry pan in 1/2 tablespoon of olive oil, add your spices. Remove from pan when onion is soft and transparent.
- 5) Remove rice, add all ingredients, then make the dressing
 

3 tablespoons olive oil  
 2 teaspoons red wine vinegar  
 1 teaspoon honey  
 1-2 tablespoons lemon.  
 salt and pepper.

Combine all dressing ingredients in a glass jar. Shake until well combined. Pour over the rice salad.



VALIES

