

Brown Rice Salad

Ingredients

Makes 8

- 1 cup of brown rice washed
- 1 zucchini (about 1 cup)
- 2 kale leaves trimmed and shredded
- 3 tomatoes chopped
- $\frac{3}{4}$ cup of washed and chopped coriander
- $\frac{1}{2}$ cup spring onions sliced
- $\frac{1}{4}$ teaspoon black pepper
- 4 tablespoons lemon juice

Method; Rice-

- rinse rice in cold water, place in a pan with 2 cups of water
- bring the water to the boil over high heat, reduce the heat to low, cover and simmer until rice is tender, about 45 mins
- Remove the pan from the heat and let stand, covered for 10-15 mins, then transfer into a large bowl and stir until cooked and no longer streaming

Salad-

- Add the zucchini, cucumber, tomatoes, spring onions, coriander, 3 tablespoons lemon juice, pepper and salt to taste. Mix well, taste and add more lemon juice if needed.
- cover and chill and let stand at room temperature for 30 mins to allow flavours to meld.
- taste and adjust seasoning