

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.

dressing / 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.