

Japanese Seeded Brown Rice Salad

Season: Autumn/Winter/Spring

Makes: 30 tastes in the classroom
or 6 at home

- The tofu can be substituted with chicken, roasted pumpkin or even tuna.
- The rice can be prepared ahead of time.

Fresh from the garden: avocado, broccoli, celery, ginger, orange

Equipment:

metric measuring spoons, cups
and scales
tea towel
cook's knife
chopping board
small frying pan
citrus juicer
fine grater
medium saucepan with lid
small bowl
fork
large saucepan
colander
large non-stick frying pan
wooden spoon
large bowl
large platter, to serve
salad servers

Ingredients:

1 cup brown rice
1 head of broccoli, chopped into florets
2 tbsp sunflower oil
200 g tofu, chopped into 1.5 cm cubes
2 celery stalks, finely sliced
1 small handful of baby spinach leaves
½ cup sunflower seeds, toasted
¼ cup sesame seeds, toasted
¼ cup black sesame seeds, toasted
1 avocado, peeled and cut into 2cm cubes
½ cup nori flakes or nori sheets broken up

For the dressing:

2 tbsp fresh orange juice
1½ tbsp light soy sauce
2 tsp honey
2 tsp freshly grated ginger



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Cook the rice in a medium saucepan of water using the absorption method, allow to cool.
3. To make the dressing, combine the orange juice, soy sauce, honey and ginger in a small bowl and whisk with a fork. Set aside.
4. Blanch the broccoli in simmering water, strain and cool under cold running water.
5. Heat the sunflower oil in the frying pan and gently fry the tofu cubes, browning on all sides.
6. Place the rice, broccoli, celery, spinach, half the sunflower seeds and half the toasted sesame seeds in a large bowl. Toss to combine.
7. Dress the salad, toss again and place onto your serving platter.
8. Top with the tofu and avocado and sprinkle with remaining toasted seeds and nori flakes.

