

# Crunchy Rice Salad



## Ingredients (serves 6-8)

250g Cooked brown rice, cooled

1 large Peach, diced

1 Green pepper, diced

1 Celery stick, diced

1 Onion, finely sliced

Handful raisins or sultanas

2 tbsp Sunflower seeds

For a change try adding sun-dried tomatoes, orange or red pepper, cucumber, sweetcorn, black olives, mozzarella balls or pine nuts.

## For the dressing

120ml Sunflower oil

30ml Lemon juice

1 tsp Curry powder

2 tsp Soy sauce

2 tsp Honey

## Method

- 1) In a large serving dish, combine rice with all salad ingredients
- 2) Mix the dressing ingredients together in a bowl or shake in a screw top jar. Pour over the rice.
- 3) Toss together, serve with a garnish of basil leaves

**Top tip:** Add tuna or cooked, chopped chicken to help make it into a main meal.

