

Fruity Brown Rice Salad

1 cup brown rice, cooked
1 red pepper, seeded and diced
1 tin whole kernel sweetcorn, drained
3 Tbsp raisins
1 cup pineapple pieces in fruit juice (save juice for dressing)
4 spring onions, sliced thinly
½ cup roasted peanuts, roughly chopped

Dressing

1/3 cup juice from pineapple
1 Tbsp soya sauce
1 Tbsp canola oil
1 clove garlic, crushed
1 tspn root ginger
juice from the tin of pineapple
seasonings to taste

Place all salad ingredients into a bowl. Mix dressing ingredients together in a jar and shake well. Add to salad ingredients and mix through. Serves 4 as main dish or 8 as side salad.

Health Habits: