

SENIOR CHEF

cooking classes for older adults

FRUITY BROWN RICE

Have you tried brown rice? It's nuttier than white rice, with about double the fibre of white rice. This salad makes enough for 4 serves. So, you could either enjoy leftovers for lunch the next day or share with friends. Using a brown rice pouch makes it so easy!

Ingredients	4 serves
Brown rice 90 second pouch, 250g	1
Red pepper, seeds removed, finely diced	½ pepper
Whole kernel corn, canned or frozen	½ cup
Currants or raisins	2 tablespoons
Spring onions, thinly sliced	2
Canned pineapple pieces, drained (save the juice for the dressing)	1 x 225g can
Roasted peanuts, roughly chopped	¼ cup
Dressing	
Pineapple juice (from canned pineapple)	¼ cup
Canola oil	1 tablespoon
Soy sauce	2 teaspoons
Garlic, crushed or finely chopped	1 teaspoon (about 1 clove)
Ginger, crushed or finely chopped	1 teaspoon
Salt and pepper to taste	

Method

1. Reheat rice pouch in microwave as per packet instructions.
2. Allow rice to cool. Mix all salad ingredients together in a bowl.
3. To make dressing, shake all ingredients in a jar. Add dressing just prior to serving.
4. Store any leftovers in an airtight container in the refrigerator. The salad will keep for up to two days in the fridge.