

BROWN RICE & QUINOA SALAD

Gluten Free, Dairy Free, Low Chemical

Vegetarian

Serves 3

Ingredients:

2 eggs
¾ cup brown rice
½ cup tri-colour quinoa
½ cup chopped purple cabbage
2 stalks shallot
1 cup chopped green beans
1/3 cup cashews
Canola oil for cooking
Salt

Dressing:

1 half of a canned pear (in syrup)
1/3 cup canned pear syrup
1/3 cup water
3 tsp golden syrup
1/3 cup canola oil
½ tsp citric acid
Salt to taste



Method:

- Wash the quinoa and place in a saucepan with 1 cup of water.
- Bring to the boil, cover and reduce the heat
- Simmer for 8 minutes
- When the water is absorbed take it from the heat and leave the lid on for 5 minutes
- Cook the rice (boil or steam)
- Chop the green beans quite small and boil or microwave until just soft
- Whisk the eggs together and pour the mixture onto a hot frypan (spread with a little canola oil)
- Flip the egg pancake when the first side is cooked
- When the second side is cooked, take from the fry pan and slice into thin strips
- Chop the cashews, shallot and purple cabbage
- Put all the ingredients in a bowl and mix together
- Place the dressing ingredients together and puree to a liquid
- When ready to serve, add the dressing and stir through

Serve