

Ingredients

Serves 6, 24 or 48

	6 SERVES	24 SERVES	48 SERVES
Brown rice	1 cup	4 cups	8 cups
Spring onions, finely chopped	4	16	32
Red capsicum, diced	1	4	8
Fresh parsley, finely chopped	3 tbs	½ cup	1 cup
Tinned corn kernels, drained	1x 400g tin	4x 400g (1.6kg)	8x 400g (3.2kg)
Currents/sultanas	1/4 cup	1 cup	2 cups
Cashews, roasted	½ cup	2 cups	4 cups



This salad can be served as a tasty side dish or as a meal with an additional protein such as chicken or boiled/poached eggs.

Soy dressing

Olive oil	3 tbs	¾ cup	1 ½ cup
Salt reduced soy sauce	2 tsp	¼ cup	½ cup
Lemon juice	2 tbs	½ cup	1 cup
Honey	2 tsp	¼ cup	½ cup

Method

1. Boil brown rice in a large saucepan of water until tender. Once cooked, place in a large bowl with all of the other salad ingredients.
2. To make dressing, add all ingredients to a screw top jar and shake until well combined. Dress and refrigerate salad until ready to serve.

Nutrition, hints and tips

- This salad is a great way to add wholegrain carbohydrates to the menu providing fibre and minerals such as magnesium, folate, selenium and manganese.
- Cashews add protein, fibre & texture.
- Any vegetables can be added to this salad for variety e.g. baby spinach/rocket leaves, cherry tomatoes, grated carrot, cooked zucchini or mushrooms.
- Add some chopped cooked chicken breast to increase the protein content.