

nourish

Curried Brown Rice Salad

1 cup short or medium grain brown rice
3 tablespoons olive oil
4 tablespoons white vinegar
1 tablespoon brown sugar
2 teaspoons mild curry powder
¼ teaspoon salt
1 red capsicum, finely diced
½ cup raw cashews, peanuts or slivered almonds
2 spring onions, finely sliced
1 carrot, grated coarsely
½ cup corn kernels
¼ cup currants

1. Bring a large pot of water to the boil. Add rice and boil gently for 30 minutes, or until cooked. Drain and rinse thoroughly.
2. Preheat oven to 175°C. Roast peanuts or cashews for 5 minutes. Remove and cool.
3. Combine oil, vinegar, sugar, curry powder and salt in a jar and shake well to combine. Stir through the rice. Add remaining ingredients and refrigerate until cold.