

Brown Rice Salad

by Margaret Fulton

1 cup Brown Rice

Salt

6 Spring Onions

1 Red Pepper, cored, seeded and diced.

1/3 cup Currants

60g (2oz) roasted Cashew Nuts

2 tablespoons roasted Sunflower Seeds

6 tablespoons Soy Sauce Dressing *

3 tablespoons chopped Parsley

Cook the rice in boiling salted water for 30 to 40 minutes, until tender. Rinse and drain well. Chop the spring onions finely.

Transfer the rice to a bowl while still warm and add the spring onions and remaining ingredients. Toss thoroughly and transfer to a serving dish.

Note: Sweetcorn and diced green pepper may be added to this salad.