

Brown Rice Salad

Ingredients serves 8-10

2.5cup (500g) brown rice
2 carrots, peeled, chopped chunky
1 large orange kumara, chopped chunky
¼ (700g) crown pumpkin, chopped chunky
1 red onion, peeled, chopped chunky
zest and juice of 1 lemon
1 tbsp fennel seeds
2 tbsp soft brown sugar
2 tbsp olive oil
1 tsp salt
125g feta cheese (optional)
1 cup (40g) fresh parsley leaves, roughly chopped
small bunch silverbeet, finely chopped
salt and freshly ground black pepper

Dressing ingredients

4 tbsp apple cider vinegar
2 tsp soft brown sugar
2 tsp wholegrain mustard
8 tbsp olive oil
¼ tsp salt freshly ground black pepper

Instructions

1. Preheat the oven to 180 °C.
2. Line a large roasting tray.
3. Cook the brown rice according to the instructions on the packet.
4. Into the large roasting tray, place the carrots, kumara, pumpkin, Kohlrabi and red onion.
5. Cook Broccoli in a small sauce pot in salted water until soft. Drain and allow to cool
6. In a small bowl add the lemon zest and juice, fennel seeds, brown sugar, olive oil and salt. Mix well. Pour over the vegetables and toss to coat.
7. Bake for 30 minutes. Remove from the oven and allow to cool.
8. To prepare the dressing: place all the ingredients into a jar with a tight fitting lid and shake well.

9. Into a large mixing bowl place the roasted vegetables add the rice, feta, parsley and silverbeet. Drizzle over the dressing, gently toss to mix through.

10. Season to taste with salt and pepper and transfer to a serving dish.