



Serves: 4

Curried Rice Salad

Ingredients

- Canola oil 2 tsp
- Onion, chopped 60g
- Curry powder 2 tsp
- Green apples, diced 80g
- Brown rice, uncooked 200g
- Frozen mixed vegetables, thawed 240g
- Raisins 100g
- Salt a pinch
- Black pepper a pinch
- Vinaigrette dressing 80ml
- Sunflower seeds 30g

Tips:

- Use more water when cooking whole grains, as they absorb more water than refined grains.
- Make your own healthy salad dressing to control the amount of fat, oil or seasoning.
- Plant-based foods such as whole grains (for example, brown rice, wholemeal bread and oats), vegetables, fruits and beans are rich in fibre, which promotes the feeling of fullness and also helps control your blood sugar.

Method

- In a pre-heated pan, add oil and fry the onions and curry powder till fragrant.
- Add the green apples and cook for 2 minutes till slightly softened. Allow the mixture to cool till room temperature.
- Cook brown rice in a rice cooker, then set aside to cool.
- In a clean bowl, combine all the ingredients and toss lightly with vinaigrette.
- Serve at room temperature.

Nutrition Information (Per Serving):

Energy 300kcal
Protein 5.7g
Total fat 9.8g
Saturated fat 1.0g
Cholesterol 0mg
Carbohydrate 50.8g
Dietary Fibre 5.2g
Sodium 262mg