

FIONA TUCK

NUTRITION WELLNESS YOGA



Brown Rice Salad with Crunchy Combo & Almonds

Ingredients:

1 cup brown rice (uncooked)
1 bunch broccolini, roughly chopped
1 punnet Aussie Sprouts Crunchy Combo
1 zucchini, sliced very thinly lengthways using a vegetable peeler
½ cup toasted almonds, roughly chopped
⅓ cup toasted sunflower seeds
½ cup flat leaf parsley, roughly chopped
1 avocado, sliced
1 lemon, cut into wedges, to serve

Prep: 10 mins

Cook: 20 mins

Serves: 4

Dressing:

¼ cup extra virgin olive oil
1 tbsp lemon juice
2 tsp red wine vinegar
2 tsp honey
¼ tsp harissa (alternatively, use a pinch of cayenne pepper)

Directions:

1. Cook brown rice according to directions on packet.
2. Blanch broccolini in boiling water.
3. Combine brown rice, broccolini, Crunchy Combo, zucchini, almonds, sunflower seeds and parsley in a large bowl.
4. To make dressing, whisk all ingredients together in a small bowl. Season with salt and pepper.
5. Transfer salad to a serving plate. Arrange avocado over top, pour over dressing and serve with lemon wedges.

Image courtesy of Aussie Sprouts, for more information please visit:

<https://aussiesprouts.com.au/>

