



Recipe name: Indian Red rice salad

Serves 2

Ingredient	Measurement	Weight
Red rice – RIC093	g	125
Slow roast chick'n – VGN020	g	100
Asparagus	each	8
Mixed Mediterranean vegetables – VEG036	g	100
Rapeseed oil – OIL005	ml	20
Garam masala	g	10
Spring onions (sliced)	each	5
Celery (cleaned diced small)	g	30
Cucumber (diced small)	g	100
Diced Roquito® - PEP129	g	20
Parsley (chopped finely)	g	20
Mint (chopped finely)	g	15
Pine nuts (toasted) – NUT007	g	30
Toasted cumin seeds – SEE095	g	15
Lemon juice – JUI041	ml	15
Hemp oil	ml	25
Nigella seeds (topping) – SPI118	g	15
Onion Bhaji (optional, topping) – VEG307	each	4

Method

Put dry rice into a bowl and fill with tap water. Let soak for an hour

Then, rinse rice and discard the soaking water

In a pot, heat oil over high heat and add rice. Fry for a minute

Then add 2 cups of water. Bring to a boil (covered partially with a lid)

Then add salt, cover and cook until rice is soft (approx 30 min). If liquid is absorbed but rice isn't cooked, feel free to add more water

Take off heat but keep covered for 10 minutes

Pre-heat the oven to 180 °C. Mix the 10ml of the rapeseed oil and garam masala together, then mix the Mediterranean vegetables through the mix. Put the spiced vegetables on a baking sheet and cook in the oven for 10 minutes, then cool.

For the Asparagus trim the ends and blanch for 1 minute, cool and then toss in 10ml of rapeseed oil and char-grill.

Make the dressing, grind the cumin seeds. Whisk the lemon juice, hemp seed oil and cumin together.

Mix all the other ingredients together apart from the topping then top with nigella seeds and onion bhaji.