

# Indian Red Rice Salad

## YOU WILL NEED

- 125g red rice (RICO39)
- 100g slow roast chick'n (VGNO20)
- 8 asparagus
- 100g mixed Mediterranean vegetables (VEGO36)
- 20ml rapeseed oil (OIL005)
- 10g Garam Masala
- 5 sliced spring onions
- 30g diced celery
- 100g diced cucumber
- 20g diced Roquito®
- 20g parsley - finely chopped
- 15g mint - finely chopped
- 30g pine nuts - toasted (NUT007)
- 15g cumin seeds - toasted (SEE095)
- 15ml lemon juice (JUIC041)
- 25ml hemp oil (25ml)



**SERVES 2**  
**APPROX 2 HOURS**

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## PROCEDURE

Put dry rice into a bowl and fill with water, leave to soak for an hour.

Rinse rice and discard the water.

Heat oil over high heat in a pot and add the rice. Fry for one minute.

Add 2 cups of water. Bring to a boil and cover partially with lid.

Add salt, cover and cook until rice is soft (approx. 30 minutes). Take off heat and keep covered for 10 minutes.

Pre-heat the oven to 180°C. Mix 10ml rapeseed oil and the garam masala, then add the Mediterranean vegetables and toss. Put on to a baking sheet, cook for 10 minutes and cool.

Trim the asparagus ends and blanch for 1 minute and cool. Toss in 10ml rapeseed oil and char-grill.

For the dressing, grind the cumin seeds and whisk with lemon juice and hemp seed oil.

Mix all the ingredients together and serve.



## TOP TIP

For a final flourish, top with our Nigella Seeds (SPI118) and Onion Bhaji (VEG307).

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