



JAPANESE BROWN RICE SALAD

FEEDS: 4-6.

SEASON: WINTER AND SPRING.

Explore the flavours of Japanese cooking at home. This salad is not only super colourful, fresh and tasty but also a filling and nutritious meal, combining grains, vegetables and proteins. Don't forget, you can substitute tofu with chicken (skinless), roasted pumpkin or even tinned tuna (in spring water).

INGREDIENTS

- ☐ 1 cup brown rice
- ☐ ½ cup sunflower seeds
- ☐ ¼ cup pumpkin seeds
- ☐ ¼ cup sesame seeds
- ☐ 1 head of broccoli, chopped into florets
- ☐ 2 tsp sunflower oil
- ☐ 200g firm tofu, chopped into small cubes
- ☐ 2 celery stalks, finely sliced
- ☐ 1 small handful of baby spinach leaves
- ☐ 1 avocado, peeled and cut into small cubes
- ☐ 2 nori sheets, broken into flakes

FOR THE DRESSING

- ☐ juice of half an orange
- ☐ 3 tsp salt-reduced soy sauce
- ☐ 2 tsp freshly grated ginger

EQUIPMENT

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| ☐ measuring spoons, cups and scales | ☐ small frying pan |
| ☐ cook's knife | ☐ wooden spoon |
| ☐ chopping board | ☐ baking tray |
| ☐ citrus juicer | ☐ small bowl |
| ☐ fine grater | ☐ fork |
| ☐ colander | ☐ large saucepan |
| ☐ medium saucepan with lid | ☐ large non-stick frying pan |
| | ☐ large bowl |

WHAT TO DO

1. Rinse brown rice with cold water in a colander. Tip into medium saucepan and add 2 cups of water. Bring to the boil. Reduce heat to low, cover and cook for 25 minutes.
2. Toast the pumpkin seeds and sunflower seeds in a dry frying pan over a medium heat until lightly golden. Add sesame seeds and continue to toast for 1 minute. Tip onto the baking tray and allow to cool.
3. To make the dressing, combine the orange juice, soy sauce and ginger in a small bowl and whisk with a fork. Set aside.
4. Blanch the broccoli in a large saucepan of simmering water, strain into colander and cool under cold running water.
5. Heat the sunflower oil in the frying pan and gently fry the tofu cubes, browning on all sides.
6. Place the rice, broccoli, celery, spinach and toasted seeds in a large bowl. Toss to combine.
7. Dress the salad and toss again.
8. Top with the tofu and avocado and sprinkle with nori flakes.
9. Season to taste (optional).