

Brown Rice, Lentil and Mushroom Salad

Ingredients: -

Brown rice - measured to 230ml/8fl oz level in jug

Boiling water - measured in same jug, to 460ml/16fl oz

225g/8 oz - whole brown lentils

15g/½ oz - extra virgin olive oil

100g/4 oz - mushrooms, wiped and thinly sliced

8 - spring onions, thinly sliced

½ - green pepper, chopped

15ml/1 tbs - finely chopped walnuts (high in essential omega 3 oils)

1 x 150cm/6" - piece unpeeled cucumber, chopped

Salt

Method: -

Cook lentils in plenty of unsalted boiling water for 30 - 40 minutes until just soft.

In another pan melt butter, stir in rice to coat and pour in measured boiling water.



Stir once, cover and simmer for 40 - 45 minutes until rice is tender and has absorbed the liquid.

Combine drained lentils and rice while hot and dress with dressing.

for the Dressing: -

Ingredients: -

5 dsp – oil

50ml/1 dsp - wine vinegar

5ml/1 tsp - mustard powder

1 - clove garlic, crushed

Salt and black pepper

Shake well together

NB. If not used to brown rice try brown basmati as it is a nice introduction.