

# Together We Cook




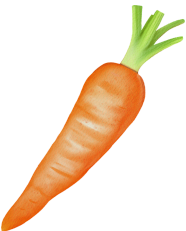
## Rainbow Salad

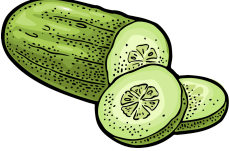





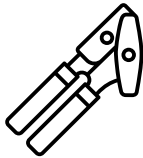




Serves 2



### Ingredients

	150g brown rice
	400g can chickpeas
	½ red onion
	1 large carrot

	<p>½ cucumber</p>
	<p>10 cherry tomatoes</p>
	<p>½ red pepper</p>
	<p>130g can sweetcorn</p>
	<p>1 small avocado</p>
	<p>2 tablespoon (15ml) olive oil or other favourite salad dressing</p>
	<p>50g red cabbage</p>
	<p>150g chopped beetroot (ready cooked or pickled in a jar)</p>

1		Boil a large pan of water Add <b>rice</b> , simmer and cook 15-20 mins
2		Drain and rinse <b>rice</b> in a sieve Leave to cool on a plate in the fridge
3		Open cans of <b>chickpeas</b> and <b>sweetcorn</b> Drain excess liquid using the sieve
4		Peel and thinly slice red <b>onion</b> Peel or wash and grate <b>carrot</b> Cut cherry <b>tomatoes</b> in halves Cut <b>cucumber</b> into 1 cm chunks Slice <b>red cabbage</b> very thinly Cut <b>avocado</b> and remove stone with a spoon. Chop into 1cm chunks
5		Open <b>beetroot</b> and chop into 1cm cubes
6		Mix together cooled <b>rice</b> , <b>chickpeas</b> and <b>oil</b> or <b>salad dressing</b> Spread over the bottom of your bowl
7		Arrange rainbow salad vegetables over the top

## Serving ideas



- Add chopped fresh herbs eg basil, coriander
- Arrange the salad vegetables to create a rainbow on your plate



## Variations



1. Add cooked chicken, a can of tuna or a few cubes of feta cheese
2. Try adding fresh or frozen garden peas



## Leftovers



- Makes a great packed lunch
- Keep leftovers in a sealed container in the fridge and eat the next day

