

Rainbow Salad



Equipment

Saucepan
Chopping board
Sharp knife
Vegetable peeler
Measuring spoons
Sieve
Grater
Plate




Ingredients (serves 2)

150g Brown rice
400g can Chickpeas
½ Cucumber
10 Cherry tomatoes
½ Red pepper
130g (½ small can) Sweetcorn
1 small Avocado
1 large Carrot
½ Red onion
50g Red cabbage
250g Chopped beetroot (ready cooked or pickled from a jar)
2 x 15ml tablespoon olive oil, or your favourite salad dressing

Method

- 1 Cook the rice. Bring a large pan of water to the boil. Add the rice and cook for 15-20 minutes until tender.
- 2 When the rice is cooked, drain and rinse with cold water using the sieve. Place on a flat plate and leave to cool in the fridge.
- 3 Open the cans of chick peas and sweetcorn. Drain off any liquid in the cans into the sink using the sieve.
- 4 Prepare the vegetables on your chopping board
 - peel and thinly slice the red onion
 - peel and grate the carrot
 - cut the cherry tomatoes into halves
 - cut the ends off the cucumber and chop into 1 cm cubes
 - slice the red cabbage very thinly
 - cut the avocado in half. Carefully remove the stone with a spoon. Peel off the skin and chop into 1 cm cubes
- 5 Open the beetroot carefully (the juice will stain your clothes!) Drain off any liquid and chop into 1 cm cubes.
- 6 Mix the chick peas, your choice of salad dressing and the rice. Spread across the bottom of a large bowl (or 2 separate bowls).
- 7 Arrange the vegetables as seen in the picture, over the rice mixture.

Together We Cook

	<p>Serving Ideas</p> <p>Some chopped fresh herbs such as basil or coriander would be very tasty.</p> <p>You could mix all the ingredients together or even make a rainbow picture on your plate!</p>
	<p>Variations</p> <p>There is plenty of protein in your salad but you could add some slices of cooked chicken, a small can of tuna fish, or a few cubes of feta cheese (milk).</p> <p>Try adding some garden peas (cooked from frozen or fresh)</p>
	<p>Leftovers</p> <p>This salad would be a great packed lunch, make sure you keep any left overs in the fridge overnight and eat it the day after you make it.</p>