

Super Nice Rice



Freeze leftovers
to enjoy later!



Ingredients

- 4 cups cooked rice (cooled)
- 1 cup corn kernels
- 2 sticks of celery
- ½ red capsicum
- 1 red apple
- 1 carrot
- Small bunch parsley
- ½ cup sultanas
- ¼ cup pepitas (pumpkin seeds)



Dressing

- 2 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey

Equipment

Large bowl, measuring cups and spoons, chopping board, knife, grater, large spoon, small jar or container with lid

How to make it



1. Measure cooked rice into large bowl. Add drained corn kernels.



2. Chop celery, capsicum and apple into small pieces. Add to bowl.



3. Grate carrot. Chop parsley. Add to bowl.



4. Measure sultanas and pepitas into bowl. Mix salad together.



5. Measure dressing ingredients into small jar. Put lid on tightly, then shake well. Pour dressing over salad and stir through.

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