

BROWN RICE GREEK SALAD



Serves 4



Prep Time 10 minutes



Cook Time 5 minutes

INGREDIENTS

- 250 g pack SunRice Brown Rice in 90 seconds
- 3 Tbsp **Eta Lite and Free Italian Dressing**
- ½ cup cherry tomatoes, halved
- 100 g feta, cut into 1cm dice
- 2 spring onions, trimmed and sliced
- 2 radishes, sliced
- 1-2 Tbsp Italian parsley leaves
- 150 g round green beans, blanched

METHOD

1. Open the pack of SunRice Brown Rice in 90 Seconds, cook in the microwave on High for 90 seconds. Carefully empty the hot pack of brown rice into a bowl and pour over 2 tbsp **Eta Lite and Free Italian Dressing** and mix well.
2. Add cherry tomatoes, feta, spring onions, radishes and parsley to the dressed brown rice, toss well and season with salt and pepper.
3. Arrange beans and rice salad on 2 serving plates, drizzle with more dressing and serve.

** This recipe is classified as Gluten Free. To the best of our knowledge, the ingredients used in this recipe including the Heinz Wattie's products do not contain any added cereals containing gluten or ingredients derived from cereals containing gluten. It is important to carefully read ingredient labels on food products because foods can sometimes be reformulated and the ingredients, allergens or nutrition information can sometimes change without notice.*