

Salads

RICE AND AVOCADO SALAD



- 2 Cups cooked brown rice
- 1 Small cucumber, chopped
- 2 Small avocados, chopped
- 2 Bananas, halved and sliced
- 2 Tablespoons raisins, soaked in juice of a ½ orange for 30 minutes.
- 2 Tablespoons chopped brazil nuts
- ½ Green and red capsicum, finely shredded

DRESSING

- 4 Tablespoons olive oil
- 1½ Tablespoons lemon juice
- 1 Tablespoon grated orange rind
- ¼ Teaspoon ground coriander
- ¼ Teaspoon ground cumin
- 1 Tablespoon honey
- Freshly ground pepper
- Salt to taste

MAKE THE DRESSING

Shake all ingredients together in a jar and allow to marinate for at least 30 minutes or, ideally, overnight before using. Garnish with a brilliantly colored tropical flower.

MAKE THE SALAD

Mix together rice, cucumber, raisins, brazil nuts and capsicum. Lastly, toss in avocado and banana. Mix in dressing and serve well chilled

TIP: Allow enough time for the flavor of the dressing to penetrate into the salad.
