

# Indonesian Rice Salad

This is a rice-based vegetable salad with a sweet and sour sauce. Serves 4.

## Ingredients

200 g **FAIRTRADE** brown rice

### *Dressing*

1 large clove of garlic

4 rings **FAIRTRADE** pineapple

60 ml sesame oil

100 ml **FAIRTRADE** orange juice

double  
pinch cayenne pepper

30 ml light soy sauce

5 ml salt

30 ml cider vinegar

### *Salad*

1 small to medium red onion

1 stalk celery

1 handful bean sprouts

100 g **FAIRTRADE** raisins or sultanas

100 g **FAIRTRADE** cashew nuts

2 tbsp sesame seeds

1 green bell pepper

1 red bell pepper

1 small tin water chestnuts

bowl.

Add the oil, juice, cayenne, soy, salt and vinegar and mix well.

Prepare the salad ingredients, trimming off skin, roots, pith, seeds etc., as necessary. Chop fairly small to chunky.

Mix the cooled rice and salad ingredients in a serving bowl, pour in the dressing, and turn gently to coat all ingredients. Chill in the fridge before serving.

## Variations

Some recipes include peanut oil.

Peanuts would be more authentic than cashews but harder to find.

## Source

Yummly.com<sup>1</sup>

## Method

Cook the rice in plenty of boiling water (20 to 25 mins approx.), drain, rinse and allow to cool.

Crush the garlic into a small mixing bowl.

Chop small or crush the pineapple and add to the

<sup>1</sup><http://www.yummly.com/recipe/Indonesian-Rice-Salad-Recipezaar?servings=5>