



# Grain salad bowl

FF

GF

Serves: 4

Preparation time: 5 mins | Cooking time: 10-12 mins

## Ingredients

$\frac{3}{4}$  cup brown rice (*see Tip*)

1 cup no-added-salt chickpeas, drained and rinsed

2 tbsp extra virgin olive oil (EVOO)

2 tbsp lemon juice

1 tsp grated ginger

Sesame oil

1 x 425g can tuna in oil, drained

10 snow peas, shredded

1 small red capsicum, cut into julienne strips

4 large radish, shaved

1 lebanese cucumber, shaved

Fresh dill, to serve

Fresh parsley, to serve

## Method

1. Place rice and 1 cup water in a saucepan and stir to combine. Cook over medium heat, covered with a tight-fitting lid, for 8 minutes. The liquid should be absorbed and the rice tender. Add the drained chickpeas and stir.
2. Meanwhile, make the dressing by combining EVOO, lemon juice, grated ginger and a few drops of sesame oil in a screw top jar. Screw on the lid and shake.
3. When ready to serve, divide the rice and chickpea mixture among four bowls. Top with one-quarter of the tuna, prepared vegetables and herbs. Drizzle with dressing just before serving.

*Tip: To save time, you can use a 450g pouch of microwaveable brown rice. Simply heat for 2½ minutes according to packet instructions.*