

Rice salad

Serves 2 main portions or 3-4 side portions



Ingredients

150g/5oz dry weight/2 handfuls uncooked brown rice
200g/7oz sweetcorn, drained (1 small tin)
3 inch piece of cucumber, diced
2 small carrots, grated
1 handful cherry tomatoes, halved
½ pepper, chopped
½ teaspoon wholegrain mustard
½ teaspoon mixed herbs
½ teaspoon honey
Sprinkle of pepper

Method

1. Cook the rice according to packet instructions, once cooked leave to cool.
2. When the rice is cooled mix together all the ingredients until well coated.
3. Check the seasoning and place in fridge to chill until ready to serve.