

Green pea and brown rice salad

Ingredients

250g Brown Rice

250g Green Peas

1 Red Onion

2 Tomatoes

Chopped spring onion or parsley

To taste Lemon juice, Olive Oil, Seasoning



Directions

Cook brown rice and allow to cool, avoid rinsing. Dice the red onion and tomatoes, mix with green peas and brown rice. Add 60 ml olive oil, 30 ml lemon juice, salt and pepper, taste, adjust seasoning, lemon juice. Add half spring onion, and mix, serve garnished with the remainder of the spring onion.