

Brown Rice

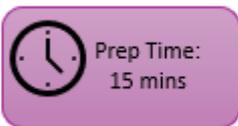
Brown rice has more nutritional value than white rice. Brown rice is a food often associated with healthier eating, considered a whole grain, brown rice is less processed than white rice, which has had its hull, bran and germ removed during processing. Brown rice only has the hull (a hard protective covering) removed, leaving the nutrient-packed bran and germ. As a result, brown rice retains the nutrients that white rice lacks such as vitamins, minerals, and antioxidants. Brown rice has a low glycemic index (GI) meaning it doesn't cause your blood sugar to spike after you eat and is also a rich source of dietary fiber.

Minty Green Quinoa & Brown Rice Salad

Recipe courtesy of Chloe O'Sullivan, Accredited Practising Dietitian (APD)

Recipe taken from Dietitians Australia website <https://dietitiansaustralia.org.au/recipes>

Accredited Practising Dietitians are nutrition professionals with the qualifications and skills to provide expert personalised nutrition and dietary advice.



Ingredients:

250g cooked Quinoa & Brown Rice
1 cup green peas (other options are snowpeas, green beans, any greens!)
1 medium zucchini halved lengthwise and sliced
1 avocado, diced
100g reduced-fat Danish feta crumbled
¼ cup chopped fresh mint leaves
¼ cup shaved almonds
spray olive oil

DRESSING

50mL extra virgin olive oil
1 tsp Dijon mustard
Juice and rind of 1 lemon
sea salt and cracked black pepper to taste

Method:

1. Heat a dry, small pan on med heat and lightly toast almonds. Remove from pan and set aside.
2. In the same pan lightly fry zucchini in spray olive oil. Set aside.
3. Cook the quinoa and rice.

4. When all components cool, combine quinoa/rice, all green vege, feta and mint leaves (reserving a small amount of feta and mint).
5. Combine dressing ingredients in a small jug with a fork then mix into salad.
6. Serve with the toasted almonds and an extra sprinkle of mint and feta.
7. You can mix and match any of the vegetables in this dish, whichever you have in the fridge!

Nutrition

Energy	1732kJ (414 calories)
Protein	10g
Saturated Fat	6g
Total Fat	29g
Carbohydrates	24g
Sugars	4g
Dietary Fibre	9g
Sodium	374g

Nutritional information is provided per serve