Miss Heinzes “Christmas” Rice Salad

Season: Any
Type: Salad
Difficulty: 🌱 ⚠️
Serves: 4
Fresh from the garden: apple, spring onions, capsicum, parsley, garlic, carrot.

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Ingredients:</th>
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<tbody>
<tr>
<td>Measuring cups and spoons</td>
<td>1 cup long grain rice</td>
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<tr>
<td>Chopping boards and mats</td>
<td>1 apple, core removed, chopped</td>
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<tr>
<td>Knives</td>
<td>1 cup spring onions, finely chopped</td>
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<td>Large bowl</td>
<td>1 carrot - grated</td>
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<td>Whisk</td>
<td>1 green capsicum, diced</td>
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<tr>
<td>Medium saucepan</td>
<td>1/3 cup sultanas</td>
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<tr>
<td>Strainer</td>
<td>1/3 cup fresh flat-leaf parsley, chopped</td>
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<td>Wooden spoon</td>
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<tr>
<td>Grater</td>
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</table>

Dressing

- 1/4 cup olive oil
- 1/3 cup white vinegar
- 2 tsp curry powder
- 1 Tbsp caster sugar
- 1 tsp garlic, crushed
- 1 tsp salt.

Method:

- Cook rice using the absorption method. (See below).
- Whisk together all dressing ingredients, in the large bowl, until emulsified.
- Add spring onions to the dressing.
- Add hot rice to dressing and stir well.
- Add remaining ingredients and refrigerate until cold.
- Serve.

Note:

Rice - the absorption method

This is the best method for retaining rice's nutrients.

Rinse rice in a strainer.
Place rice in a saucepan, and add water to 2.5cm above the rice (this is the distance between the top of the rice and the first joint of an average adult finger - In general, 1 cup of rice needs 1 1/2 cups water.)
Bring to the boil, cover with a tight fitting lid, turn heat to low and cook for 13-15 minutes until all of the water has absorbed.
Stand covered for 5 minutes, fluff up with a fork and serve.
(In general, 1 cup of rice needs 1 1/2 cups water.)