

## Super Greens Brown Rice Salad

### Ingredients

Brown Rice (about one cup – which means about 2 cups cooked!)

Feta (one block)

Sunflower Seeds

Pumpkin Seeds

Broccoli or Broccolini (one bunch – blanched in hot water)

Kale (torn into tiny pieces and rubbed with olive oil and salt)

Spinach

Green Capsicum

Green Beans (fresh from my Mum and Dad's Veggie patch)



### Dressing

Olive oil

Lemon Juice

Garlic

Basil

A dash of Apple Cider Vinegar (optional)

All you gotta do is cook the rice (which takes ages with Brown Rice – but it's worth it!).

Let it cool.

Assemble all the ingredients and mix it up.

Eat.

This lasts really well in the fridge and is a great lunch for the next day!

This is a ripper! I had lunch at 'Union Café' in Robe, and I had this.....well, this is my best guess at the ingredients anyway! (and massive kudos to them – I was also able to enjoy a Kombucha with my salad....so

if you are eating clean and eating out – lunch at Union Cafe could be a good choice!

This is totally delicious, and very satisfying. The amounts in the recipe are guides only – I literally threw in what I had – tweak to your own tastes.



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