

brown rice salad

This is a super easy salad that is great to take to 'share a plate' parties

Ingredients

- 2 cups of cooked brown rice
- 1 red capsicum
- 1 green capsicum
- 1 cup walnuts
- 1 cup dates
- 1/4 red onion

Method

1. Finely chop capsicums, walnuts, dates and onion. Toss all ingredients together.

Dressing

- 1/2 cup balsamic vinegar
- 1/4 cup olive oil
- 1 tsp brown sugar
- 1/2 tsp curry powder

Method

1. Mix all ingredients together; then stir through salad.