

SYDNEY MARKETS
Fresh for Kids

Broccoli, bean & lentil rice salad



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Preparation 15 mins | Cooking 2 mins | Serves 4

200g broccoli, cut into small florets
100g green beans, trimmed and cut into 3-4cm pieces
125g orange or red grape tomatoes, halved
½ small yellow capsicum, deseeded and diced
400g can lentils, drained and rinsed
2 ½ cups cooked basmati rice*
¼ cup reduced fat coleslaw dressing

**for ease, use 2½ minute quick cook basmati rice*

STEP 1 Plunge broccoli and beans into a frying pan of gently boiling water and cook for 2 minutes until just tender. Drain and refresh in cold water. Pat dry with paper towel.

STEP 2 Place broccoli, beans, tomatoes, capsicum, lentils, rice and coleslaw dressing in a bowl. Season with salt and pepper to taste. Gently toss to combine and serve.

Good for you... **BROCCOLI**

Some kids call broccoli 'trees' and they certainly help us grow because they contain so many different vitamins. Broccoli comes top of the healthy veggie class and even a small piece (just 50g) will give you a whole day's vitamin C. that's important for healthy gums and teeth. When we eat salt, we need to balance its sodium with another mineral called potassium.



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