

Spring veggie, lentil & rice salad



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Preparation 25 mins | Cooking 20 seconds | Serves 4

This healthy salad is great for the school lunch box.

- 1 cup rice & barley*
- 2 tbs extra virgin olive oil
- 2 tbs lemon juice
- 1 bunch asparagus, trimmed
- 125g snow peas, trimmed
- 200g mini roma tomatoes, halved lengthways
- 1 Lebanese cucumber, quartered lengthways and diced
- 400g can lentils, drained and rinsed
- 2 tbs toasted seed mix
- 1/3 cup flat-leaf parsley, chopped
- 75g feta cheese, crumbled

*Rice & barley is pre-mixed and available in the rice section in supermarkets.

STEP 1 Cook rice & barley following packet directions. Drain and place into a large bowl. Add oil and lemon juice. Stir with a fork to separate the grains. Set aside to cool.

STEP 2 Meanwhile, bring a frying pan of water to the boil over high heat. Add asparagus and cook for 1 minute. Add snow peas and cook for a further 1 minute. Drain, refresh vegetables in cold water and dry with paper towel.

STEP 3 Cut asparagus into 2-3cm pieces. Halve snow peas lengthways. Add asparagus, snow peas, tomatoes, cucumber, lentils, mixed seeds and parsley to rice & barley. Gently stir to combine. Toss through feta and serve.

Good for you... SNOW PEAS

A good source of vitamin C, which contributes to the normal functioning of the body's immune system. Provide dietary fibre, which is needed for normal laxation. Provide niacin (Vitamin B3) which is needed for the normal release of energy from food. A source of potassium, which may help balance the adverse effects of sodium from salt.

