

# Pineapple, cucumber & chorizo brown rice salad



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Preparation 20 mins | Cooking 5 mins | Serves 4

450g pkt quick cook (microwavable) brown rice  
2 tsp olive oil  
2 chorizo sausages, diced into small cubes  
2 Lebanese cucumbers, diced  
200g mini roma tomatoes, halved  
½ yellow or red capsicum, finely diced  
2 green onions (shallots), trimmed and thinly sliced  
½ small Bethonga Gold pineapple, peeled and diced

**STEP 1** Cook rice in the microwave following packet directions. Transfer to a large bowl and set aside.

**STEP 2** Heat oil in a medium frying pan over medium-high heat. Add chorizo and cook, stirring often, until crisp. Drain and paper towel and set aside to cool.

**STEP 3** Add cooled chorizo, cucumbers, tomatoes, capsicum, green onions and pineapple to rice. Toss to combine and serve.

## Good for you...

### **LEBANESE CUCUMBER**

A good source of vitamin C. One of the many functions of vitamin C is the normal formation of collagen which is important for healthy teeth, gums and skin.

