

Sweet corn, tomato & tuna brown rice salad



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Preparation: about 20 minutes
Cooking: about 8 minutes + standing time
Serves: 4

This is a great salad for the school lunchbox.

450g packet 2½ minute brown rice
2 sweet corn cobs, husks and silks removed
185g can tuna in oil, drained and flaked
2 green onions (shallot), trimmed and thinly sliced
250g mini roma tomatoes, thickly sliced
½ cup flat-leaf parsley leaves, finely chopped
2 tbs extra virgin olive oil
Salt and ground black pepper

1. Microwave the brown rice following packet directions. Place cooked rice into a large bowl and set aside to cool.
2. Rinse corn in cold water and individually wrap each cob in plastic wrap. Place directly onto a microwave turntable. Microwave on high for 5 minutes. Stand for 2 minutes. Carefully unwrap corn and set aside to cool slightly. Hold corn upright on a board and slice off kernels close to the cob.
3. Add corn kernels, tuna, green onions, tomatoes, parsley and oil to rice. Season with salt and pepper to taste. Toss to combine and serve.



Sweet corn

- A good source of dietary fibre which keeps the intestine functioning well
- Provides niacin (vitamin B3), essential for the release of energy from proteins, fats and carbohydrates
- A source of the antioxidant vitamins C and E



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