



TOMATO, EGG & TUNA BROWN RICE SALAD



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Preparation 20 mins | Cooking 8 mins | Serves 4

- 3 free-range eggs
- 450g pkt 2½-minute brown rice
- 2 Lebanese cucumbers, diced
- 400g heirloom tomato medley, halved or roughly chopped
- 185g can tuna-in-oil, drained and flaked
- ¼ cup parsley leaves, chopped
- ¼ cup pepita seeds
- ¼ cup sunflower seeds
- ¼ cup kewpie mayonnaise
- 1 tbs lemon juice

STEP 1 Place eggs into a saucepan of cold water and bring to the boil over medium heat. Reduce heat and gently simmer for 8 minutes. Drain, refresh eggs in cold water and peel.

STEP 2 Meanwhile, microwave the rice following packet directions. Place rice into a large bowl and set aside to cool.

STEP 3 Combine rice, cucumbers, tomatoes, tuna, parsley, pepitas and sunflower seeds in a large bowl.

STEP 4 Combine mayonnaise and lemon juice in a small bowl. Pour mixture over the salad and gently toss to combine. Chop eggs and gently toss through the salad. Spoon into airtight lunch boxes or bowls. 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.



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