

PESTO BROWN RICE SALAD

What you need

1 1/2 cup brown rice
4 eggs
1 large zucchini (120g)
6 mushrooms (40g)
1/2 ear of corn
1/4 cup pepitas
4 sundried tomatoes (30g)
2 tbsp olive oil
2 tsp pesto
Few sprigs of flat-leafed parsley
Salt and pepper, to taste

Don't make this recipe without: pesto, sundried tomatoes

Yields 4 mains or 6 sides

Preparation 10 minutes

Cooking 40 minutes

What to do

1. Set and cook 1 1/2 cups of brown rice. Boil 4 eggs to a hard-boil by placing eggs in the pot with cold water and timing 8 minutes after the water has come to a boil.
2. Chop up the zucchini and mushrooms to roughly 1cm cubes, and set aside in separate bowls. Chop up the parsley and sundried tomatoes and set aside to add at the end.
3. Sauté the zucchini in 1 tablespoon of olive oil for a few minutes until they soften. Add the mushroom and corn and sauté for another few minutes until cooked.
4. Once the rice is cooked, add the sautéed vegetables as well as the sundried tomatoes, pepita seeds and mix well. Add chopped parsley, pesto and season with salt and pepper. Add a little bit of olive oil as needed.
5. Top the salad with the hard-boiled eggs cut into wedges or chunks. It can be served warm or chilled.

Notes

The hard boiled egg can be mixed through the salad, but do it very gently at the very end so it doesn't get too messy. This salad is great warm but can also be eaten straight out of the fridge for lunch the next day. You could also add tofu, crumbly cheeses or other nuts and grains to this recipe.