



**HealthMap**  
Gut Health Professionals

## CRUNCHY BROWN RICE SALAD

### INGREDIENTS

- 1 x cup cooked brown rice
- 250g x snow peas—sliced lengthways
- 1 x large or (or 5–6 small Lebanese) cucumber—cut into sticks
- 3 x radish finely sliced
- 2 x shallots sliced diagonally

### Salad dressing

- 1/3 x cup Extra virgin olive oil
- 11 x small red chilli finely sliced
- ¼ x cup light soy sauce (salt reduced)
- Juice of a Lemon (grate some rind in as well)
- 1 x tsp sesame oil
- 1 Tbs Toasted sesame seeds
- Chang's Crunchy Noodles (baked) to sprinkle on top before serving

### DIRECTIONS

- Cook brown rice in rice cooker or microwave (this can be served hot or cold in this salad)
- Make dressing and add to cut up vegetables
- Serve the salad on top of the rice with some of those superb Chang's crunchy noodles!

PREP TIME: 10 MIN  
COOK TIME: 5 MINS  
TOTAL TIME: 15 MINS  
SERVES: 4 PEOPLE