

Carrot, nut and currant salad



Photo by Babiche Martens

(Serves 4)

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Salad

3 cups	Brown rice, cooked
3	Carrots, grated
½ cup	Currants
½ cup	Almonds, chopped roughly
¼ cup	Pine nuts, toasted
½ cup	Chopped fresh coriander

Dressing

¼ cup	Oil, flavourless
2 Tbsp	White wine vinegar
2 Tbsp	Runny honey
1 tsp	Dijon mustard

Directions

1. In a large bowl place the rice, carrots, currants, almonds, pine nuts, and coriander.
2. In a small jar combine the oil, vinegar, honey and mustard. Shake well. Pour it over the salad and stir well.
3. Season with salt and pepper.