



# Brown Rice, Celery & Orange Salad

SERVES: 6

## INGREDIENTS:

- 2 cups long-grain brown rice
- 3 bay leaves
- 1 bunch of celery
- 2 tbsp olive oil
- 3 garlic cloves, peeled and finely chopped
- 1 tsp cumin powder
- 1 small handful of spring onions, thinly sliced
- 2 handfuls or more of parsley, chopped
- 1 handful of mint, leaves plucked, stems discarded
- 1 handful of coriander
- Zest and just of 2 oranges
- Juice of a lemon
- 1 ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- Edible flowers or herbs as a garnish

## METHOD:

1. Prepare all of the ingredients based on the instructions in the ingredients list  
Keep the lemon and orange juices in a small bowl until ready to use
2. Place the brown rice in the colander and rinse under cold water, then cook it with the bay leaves in the rice cooker, or according to the absorption method on the next page
3. Trim each celery bunch as described in the introduction. Wash the celery hearts, removing any damaged part. Slice the celery hearts into 5mm slices
4. Heat 1 tbsp of olive oil in the heavy-based pan over a medium heat, then add the celery hearts, chopped garlic and cumin. Cook for 3 minutes, stirring occasionally with the spoon
5. Add the cooked celery hearts, spring onions, parsley, mint and coriander to the large serving bowl
6. Add the orange zest and toss the salad gently to mix



7. Add the lemon and orange juice, sea salt and pepper
8. When the rice is cooked, remove the bay leaves. Allow to cook and then add the cooked rice to the large serving bowl
9. Stir the salad gently. Add the remaining olive oil, taste and season as necessary
10. You can garnish the salad with edible flowers and fresh herbs from the garden

### **Rice by Absorption Method:**

Pour water into the pot until the rice is covered by about 2.5cm. The water level should come just to the first joint of your finger. Cover the pot tightly and bring the rice and water to simmering point over moderate heat, then reduce the heat to its lowest. Place a folded tea towel over the rice and jam on the lid. After 30minutes, lift the lid and, if all the water has been absorbed, remove the pot from the heat and let it stand, still covered, for 5 minutes.

