Lentil and Rice Salad



Serves	6
Prep time	2 hours, 30 minutes
Cook time	20 minutes
Total time	2 hours, 50 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical, Salicylate Challenge
Meal type	Salad
Misc	Child Friendly, Pre-preparable
Occasion	Barbecue, Casual Party, Picnic

Ingredients

- 500ml Home made vegetable stock (Refer to Basics Page)
- 1/2 cup Long grain rice
- 1/3 cup Dried lentils (washed)
- 2 tablespoons Chopped chives
- 2 Spring onions (finely chopped)
- 1 stick Celery (finely diced)
- 1/2 Cucmber (peeled and finely diced)
- 1/2 Carrot (finely diced)
- 2 tablespoons Sunflower oil
- 1 tablespoon Lemon juice substitute (Refer to Basics Page)
- Salt
- Lettuce leaves (to serve)

Directions

1. In a medium saucepan add the stock and bring to the boil over medium-high heat. Stir in the rice and lentils. Reduce the heat to low. Cover and cook for 20 minutes or until rice is tender. Let stand for 5 minutes or until the stock is absorbed. Place into a large bowl and set aside to cool slightly.
2. Add the chives, spring onions, celery, carrot, cucumber, sunflower oil and lemon juice substitute and toss until evenly coated. Season to taste with salt.
3. Cover and refrigerate for at least 2 hours or overnight.
4. Serve on a bed of lettuce.

Note

Moderate Salicylates, Low Glutamates, Low Amines

Refer to the Basics page for lemon juice substitute and vegetable stock recipes.