

Miso Peanut Rice Salad

Serves 6-8

1 cup brown rice
2 cups of water

Dressing:

1/4 cup tamari
2 tbsp miso
2 tbsp sesame oil
1 tbsp extra virgin olive oil
1 tbsp fresh ginger, grated
2 cloves garlic, crushed
Pinch of chilli flakes
Juice of ½ lemon

2 red capsicums, diced
3 spring onions, thinly sliced
1 cup edamame beans, blanched in boiling water
2 stalks of kale, thinly sliced + stalks discarded
¾ cup roasted peanuts, roughly chopped
¼ cup sesame seeds

Method:

Place the brown rice + water in a saucepan. Bring to the boil and then reduce to a simmer and cook for 25-30 minutes. Once cooked remove from the heat.

For the dressing, add all of the ingredients in a small bowl. Then mix to combine.

In a large bowl, add the cut capsicum, spring onions, edamame beans, kale, peanuts + sesame seeds. Add the cooked brown rice + the dressing. Mix everything together thoroughly until everything is well combined.

This salad will keep in your fridge in an airtight container for up to 4 days.