



BLACK RICE AND BROCCOLI SALAD

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 2

100g black rice

300g tenderstem broccoli

150g edamame beans (we use frozen)

Large handful of spinach

Miso dressing

3 tbsp olive oil

2 tsp miso paste

1 tbsp apple cider vinegar

1/2 tsp maple syrup

1/2 tsp soy sauce

METHOD

1. Cook the black rice according to the instructions on the packet. We usually batch cook staples such as rice to ensure that lunch is quick to rustle up.
2. Steam the broccoli and edamame beans.
3. When cooked add the rice, broccoli and beans to a large salad bowl.
4. Roughly chop the spinach and add to the bowl.
5. Add the miso dressing ingredients to a small jar and shake it to mix.
6. When you are ready to serve the salad add the dressing.