



# RED RICE AND ASPARAGUS SALAD

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

Serves 2

150g cooked red rice

10 sliced radish

8 cherry tomatoes, halved

6 large asparagus cut into 3 or 4

400g chickpeas

Large handful of fresh mint, finely chopped

2 tablespoons extra virgin olive oil

1 tablespoon apple cider vinegar

sprinkle of sesame seeds (optional)

## METHOD

1. We usually cook the red rice the night before when we are making dinner, but if you haven't done this cook the red rice according to the directions on the packet.
2. Steam the asparagus.
3. While the asparagus is steaming prepare the other vegetables.
4. Assemble everything into a large bowl and add the extra virgin olive oil and apple cider vinegar.
5. Sprinkle on the sesame seeds and serve.