

CURRY RICE SALAD

Ingredients

- ❖ Short grain brown rice – 200g
- ❖ 1 onion
- ❖ Curry paste/curry powder
- ❖ Olive oil
- ❖ Cumin, Chili powder
- ❖ Raisins – 50g
- ❖ One apple - cored and chopped (not peeled)
- ❖ Celery - chopped (optional)
- ❖ Honey
- ❖ Salt



1. Prepare the rice: Cook the rice according to packet instructions. You can also use this recipe using leftover rice.
2. Prepare onions and curry oil: Finely dice one onion. In a large saucepan, heat 3-4 spoons of olive oil on medium high heat. Add 3-4 heaping tablespoons of curry paste (if it is mild) or mild curry powder. Add a sprinkle of chilli powder and cumin. Let the curry simmer for a minute. Add the onion and cook until translucent.
3. Mix rice and onions: In a large mixing bowl, mix the rice with the onions and curry. You will need to use a strong wooden spoon to mix. Taste test the rice at this point. If it needs more curry flavour, heat some more curry powder, chili, and cumin in olive oil for a few minutes and add to the rice to desired spiciness.
4. Add other ingredients to taste -chopped apple, celery and raisins. Add a couple tablespoons of honey. Add salt to taste.
5. Chill and serve.

ITALIAN STYLE POTATO SALAD

- ❖ 1kg baby new potato- halved
- ❖ 1 Tbsp. olive oil
- ❖ 3 Tbsp. grated parmesan
- ❖ Small bunch basil(roughly chopped/dried)
- ❖ 6 sundried tomatoes, finely sliced
- ❖ Salt & Pepper



1. Boil the potatoes until tender, about 15 minutes, then drain and allow to cool slightly.
2. Whisk together the olive oil, Parmesan and a little seasoning. Toss through the potatoes with the basil and sundried tomatoes. Serve warm.