

# Brown & wild rice salad with pumpkin



THIS VERSATILE DISH CAN EITHER BE USED AS A SALAD WITH THE RICE AS A BASE, OR AS A SIDE DISH TOPPED WITH BEAUTIFUL VEGGIES.

## INGREDIENTS

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- 250g brown and wild rice
- 2 ml (¼ tsp) salt
- 250g pumpkin, peeled
- [125 ml \(½ cup\) Spur Sweet 'n Sticky Marinade](#)
- 3 ml (½ tsp) ground cinnamon
- 125 g baby beetroot, cooked and quartered
- 200 g chickpeas, drained
- 100 g feta, cut in cubes
- Freshly ground black pepper to taste
- 2 spring onions, sliced



## METHOD

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1. Cover rice with water, add salt and boil until soft. Drain and set aside.
2. Cut pumpkin into small cubes and boil with water in a small pot until soft. Add half of Spur Sweet 'n Sticky Marinade and cinnamon. Heat through until sauce is absorbed and remove from heat.
3. Mix all other salad ingredients together with remaining marinade and stir lightly through rice.
4. Cover and chill in the fridge for about 1 hour to allow the flavours to mingle. Garnish with spring onions or any other herbs.



## Variations

- Substitute the brown and wild rice with only brown rice, couscous or any small pasta of choice.
- Substitute the spring onions with rocket.
- Substitute pumpkin with butternut.
- Add sun-dried tomatoes or pitted olives.