



BROWN & WILD RICE SALAD WITH PUMPKIN

HEAT LEVEL 

Savor the wholesome goodness of our Brown & Wild Rice Salad with Pumpkin - a hearty and flavorful dish featuring a blend of nutritious grains and roasted pumpkin for a satisfying and delicious salad experience.

15 Mins

4 Servings

INGREDIENTS

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

- 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

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

