



Traffic light category: **Green**

Serves: 10 (300g serves)

Ingredients

- 4 cups basmati rice, cooked and cooled
- 1 cup canned corn kernels, drained and rinsed
- 2 sticks celery, trimmed, diced
- ½ red capsicum, diced
- 1 red apple, peeled, diced
- 1 medium carrot, peeled, grated
- ½ cup sultanas
- ¼ cup pumpkin seeds

Dressing

- 2 tablespoons olive oil
- 2 tablespoons white vinegar
- 4 tablespoons Dijon mustard
- 4 tablespoons honey
- Freshly ground black pepper

Method

1. Combine the rice, vegetables, fruits and seeds in a large bowl, set aside
2. For the dressing, combine the olive oil, vinegar, Dijon mustard, honey and black pepper in a jar or bowl, whisk or shake until combined
3. Just before serving pour dressing over rice mix and stir until combined

*Recipe adapted with permission from the
Western Australian School Canteen Association Inc.
Original recipe from Foodbank WA.*

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