

## RICE AND BEAN SALAD

Source: family

Serves a large group



This is a Salad that is best made in large quantities as it keeps for 4 days in the fridge. It is best made in three stages; i.e. soaking the beans on day one (preferable overnight) then boiling the beans and the rice on day two; finally assembly on day three. My children love it and nick named it '**Daddy Salad**'

All quantities approximate

- Brown Basmati rice (whole grain) - 300g
- Selection of dry beans Kidney, Red, Mullet, Black eye (best is 10 bean mix from supermarkets) – 300g  
+ Red kidney, pinto, mung etc. – 100g
- Dry chickpeas – 150g
- Romaine lettuce – 2 med
- Baby cauliflowers – 2 boxes  
Or mature cauliflower – 1,  
torn into small florets
- Ripe avocados – 2 (e.g. Hass)
- Extra virgin olive or rapeseed oil
- Freshly ground black pepper
- Paprika (sweet)
- Herbamare salt
- Sunflower seeds
- Onion, finely chopped (preferable red) – 1
- Shredded cabbage, optional
- Walnuts, optional

add to boiling water, bring back to boil, then let it simmer on very low heat (using a flame disperser if cooking with gas) for 40 – 45 minutes.

This should result in well cooked, but dry rice.

**1.** Soak beans and chickpeas together in plenty of water for 8-12hours or overnight. Use a big pan as there will be plenty of froth on boiling

**2.** The next day rinse the beans with several changes of water till clear in plenty of water. Get a spoon ready to remove the froth

**3.** As the beans begin to boil, remove the froth repeatedly. Turn the heat down, put on the lid, leaving a gap for steam to escape. Boil for 40 - 45 minutes.

**4.** Fill  $\frac{3}{4}$  of a straight – walled mug with rice, then transfer into a fine sieve and rinse thoroughly and let it settle in the sink.

**5.** Fill the same mug right up to the brim with water, transfer into a pan and bring to boil, adding a moderate amount of salt. Shake access water out of the rice and

**6.** When the rice is ready, turn off the heat but leave to rest with its lid on for 30 minutes then whip the lid off quickly to avoid condensation dripping into the rice. The whole idea is for the rice to be **dry**, as it will be mixed later with oil. Stir through and set aside

**7.** When the beans are ready, decant the fluid (this makes an excellent soup with added salt). Using 2 colanders keep tipping from one to the other to get rid of most of the steam. Set aside.

When the rice and the beans are cool and dry, put them in a food container and keep in the fridge for several hours or overnight.

**8.** Put the cooked rice in a large bowl and with a large spoon mix with ground black pepper, paprika, a good quantity of oil, sunflower seeds, walnuts and finally the beans. Mix each ingredient separately into the rice.

Ideally there should be slightly more rice than beans

**9.** Break cauliflower into small florets and mix. Add whatever else you fancy e.g. chopped onions or shredded cabbage. Avoid cucumber, as it is too moist.

**10.** Tear, rather than cut, the lettuce into small bits and mix. The lettuce should be completely dry.

**11.** Finally cut the avocados in half and spoon small bits into the salad. Disperse after each half to stop the bits forming lumps.

### ***To serve***

*Add soya sauce or balsamic vinegar just before serving.*

*Shredded tuna can also be added*

*Ideal for picnic, work lunches - anything!*