

# Rainbow salad

This dish is the epitome of the IWL principle of eating the full rainbow! You can obviously substitute the vegetables in this salad for whatever is in your fridge, just make sure there are plenty of different colours in your bowl.



- Serves : **4**
- Prep : **10 min**
- Cook : **10-15 min**

- Vegan
- Vegetarian
- Lactose free
- Gluten free

## Ingredients

- 1 cup uncooked brown rice
- 1 medium sweet potato, skin on, chopped
- 200g frozen edamame
- ½ x 400g tin corn kernels, drained and rinsed
- 1 large carrot, peeled into thin ribbons
- 1 large zucchini, peeled into thin ribbons
- 1 small bag baby spinach
- 1 red capsicum, cut into thin strips
- 1 yellow capsicum, cut into thin strips
- Handful chopped herbs of your choice
- ¼ cup mixed seeds e.g. pepitas, sunflower seeds
- For the tahini dressing:
  - 2 tablespoons tahini
  - 1 tablespoon lemon juice
  - 2-3 tablespoons hot water

## Method

- 1.** Preheat the oven to 200°C. Add brown rice to a medium saucepan with 2 cups of water and bring to the boil. Once boiling, cover and reduce heat to low then simmer for approximately 10-15 minutes until all water is absorbed and the rice is cooked.
- 2.** Arrange sweet potato in a single layer on a baking tray then roast in the oven for 10-15 minutes until soft.
- 3.** Whilst the rice and sweet potato are cooking, place edamame in a bowl of water and microwave for 3-4 minutes until defrosted. Arrange edamame, corn, carrot, zucchini, baby spinach and capsicum strips between 4 serving bowls.
- 4.** To make the dressing mix tahini and lemon juice in a small bowl. Add hot water one tablespoon at a time and mix until dressing is desired consistency (use more water for a thinner dressing).
- 5.** Add brown rice and sweet potato to the salad bowls. Sprinkle over the herbs and mixed seeds. Drizzle the tahini dressing over the top and serve. Enjoy!