

## Wild Rice and Asparagus Salad

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Serves 4 - Preparation: 20 minutes - Cooking Time: 30 minutes

### **Ingredients: -**

225g/8oz - easy cook long grain wild rice

15ml/1 tbsp - olive oil

5ml/1 tsp - cayenne pepper

5ml/1 tsp - ground cumin

100g/4oz - asparagus tips

225g/8oz - baby sweet corn

¼ - melon, cut into cubes

50g/1¾oz - dried fruit

50g/1¾oz - whole blanched almonds

### **for the Dressing: -**

1 - garlic clove, finely chopped (optional)

30ml/2 tbsp - chopped, fresh parsley



30ml/2 tbsp - chopped, fresh coriander

30ml/2 tbsp - fresh lemon juice

60ml/4 tbsp - olive oil

Pepper

## **Method: -**

Place the rice in a large pan with 600ml/1 pint water, bring to the boil, then reduce the heat.

Cover and simmer for 15-20 minutes until all the water has been absorbed and the rice is tender.

Heat the oil in a small frying pan, add half the spices and almonds.

Cook for 5-7 minutes until cooked, tossing regularly.

Bring a medium pan of water to the boil and blanch the sweet corn and asparagus for 3-4 minutes until tender.

Drain and refresh under cold water.

Place the rice in a large serving bowl and mix in the lemon and dried fruit.

Mix together all the ingredients for the dressing, pour half over the rice, mix and season.



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Arrange the rice with the asparagus and sweet corn on serving plates.

Drizzle with the remaining dressing and sprinkle with the remaining spices and almonds.

