PEANUT RICE SALAD

Crunchy, nutty rice is a great addition to a mixed salad plate in the café or at home.

1 cup jasmine rice
1 cup wild rice
2 cups peanuts, roasted

Dressing:
3 cm piece fresh ginger, grated
4 cloves garlic, crushed
4 tblsp soya sauce
2 tblsp peanut oil
1 tblsp sesame oil

1. Cook the jasmine rice in gently boiling water for 10–12 minutes. Drain and allow to cool. Cook the wild rice in gently boiling water for 25 minutes. Drain and allow to cool.
2. Reserve 1 cup peanuts. Grind up 1 cup of peanuts in a food processor to resemble breadcrumbs. Mix dressing ingredients together.
3. Mix rices, ground peanuts and dressing together well. Garnish with reserved roasted peanuts.

Serves 6–8

BEETROOT, CARROT and SESAME SALAD

Valued for its liver-cleansing properties, beetroot is experiencing an enormous comeback on menus all around town. Its colour contrast makes it the perfect food to plate up with other vibrant salads. In this salad the fusion of lemon and sesame oil is most attractive.

500 g beetroot, peeled
1 large carrot, peeled
2 tblsp sesame seeds, toasted

Dressing:
juice and finely grated zest of 2 lemons
2 tblsp toasted sesame oil
½ tsp salt
½ tsp pepper
1 tsp sugar

1. Grate beetroot and carrot together. A food processor is a fuss-free way to do this but a hand grater is absolutely fine.
2. Mix dressing ingredients into grated vegetables, tossing well to amalgamate.
3. Serve sprinkled with toasted sesame seeds.

Serves 4–6