

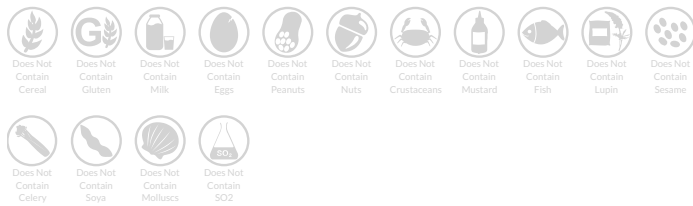
Ingredients

Product	Quantity
FOR THE RICE:	0.00 g
FAIRWAY EASY COOK LONG GRAIN RICE	85.00 g
Fine Green Beans	140.00 g
Cucumber (Diced)	200.00 g
Spring onions	50.00 g
Fresh Mint	30.00 g
FOR THE SALSA:	0.00 g
Beetroot (Cooked and Diced)	110.00 g
Apple (Cored and Diced)	150.00 g
Red Onion (Diced)	220.00 g
Walnut Halves, Broken	25.00 g
Balsamic Vinegar	15.00 g

Serves: 4

Allergy Information

Key: **Contains** **May Contain**

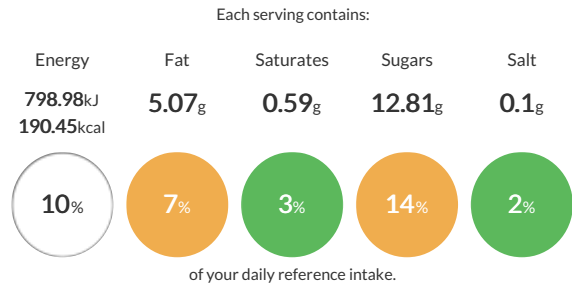


Dietary Information

Key: **Suitable for**



Reference Intake



Nutritional Summary

Energy	798.98kJ 190.45kCal
Protein	5.53g
Carbohydrates	31.28g
of which sugars	12.81g
Non Milk Extrinsic Sugars	0g
Fat	5.07g
of which saturates	0.59g
Fibre	0g
Salt	0.1g
Sodium	0.04g
Iron	2.13mg
Calcium	71.33mg
Zinc	0.63mg
Folate	86µg
Vitamin A	0µg
Vitamin C	17.15mg

Method & Recipe Notes

1. Boil the rice for 20 mins, then add the green beans and cook 5 mins more until both are just tender. Drain and leave to cool slightly before stirring in the cucumber, spring onions, mint and lemon juice. 2. Meanwhile, stir all the salsa ingredients together. 3. Spoon the rice onto plates and serve with the salsa, scattered with a few extra mint leaves.

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