

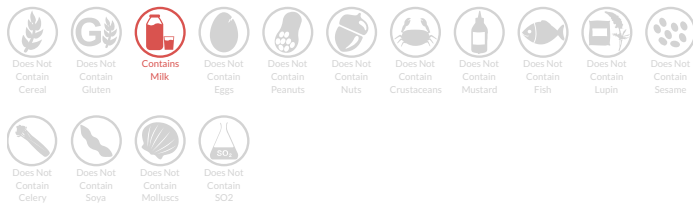
Ingredients

Product	Quantity
FAIRWAY EASY COOK WHOLEGRAIN RICE	190.00 g
Water	600.00 g
1 Avocado, Peeled, Pitted and Diced	170.00 g
4tbsp - Fresh Lemon juice	1.00 g
2 Vine-Ripened Tomatoes (Diced)	220.00 g
Cucumber (Diced)	200.00 g
Red Onion (Diced)	50.00 g
Feta Cheese (Crumbled)	75.00 g
Kalamata Olives (Sliced)	50.00 g
Fresh Mint (Chopped)	25.00 g
Olive Oil	75.00 g
Lemon Zest	5.00 g
FAIRWAY GARLIC PUREE	2.00 g
FAIRWAY SEA SALT	2.00 g
FAIRWAY CRACKED BLACK PEPPER	2.00 g

Serves: 8

Allergy Information

Key: Contains May Contain

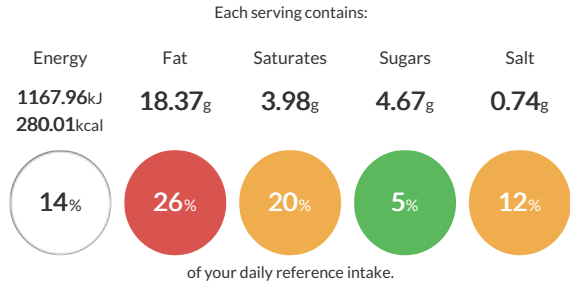


Dietary Information

Key: Suitable for



Reference Intake



Nutritional Summary

Energy	1167.96kJ 280.01kCal
Protein	4.9g
Carbohydrates	24.09g
of which sugars	4.67g
Non Milk Extrinsic Sugars	0g
Fat	18.37g
of which saturates	3.98g
Fibre	0.07g
Salt	0.74g
Sodium	0.02g
Iron	0.76mg
Calcium	29.9mg
Zinc	0.24mg
Folate	14.09µg
Vitamin A	0µg
Vitamin C	10.34mg

Method & Recipe Notes

1. Bring the brown rice and water to the boil in a saucepan over high heat. Reduce the heat to medium-low, cover and simmer until the rice is tender and the liquid has been absorbed, 45 to 50 minutes; remove from heat and allow to cool, fluffing occasionally with a fork. 2. Toss the avocado and lemon juice together in a large bowl. Add the tomatoes, cucumber, onion, feta, olives, mint, olive oil, lemon zest, garlic, salt and pepper to the bowl; lightly toss the mixture until evenly combined. 3. Fold the cooled rice gently into the mixture. Serve immediately or chill up to 1 hour; the salad does not last well for more than a day as the tomatoes and cucumbers begin to release their juices and the salad becomes watery.

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