



Healthy
Eating

Recipe of the week

Apple & Orange Salad

Ingredients

- 225g [8oz] long grain rice.
- 1 apple.
- 1 orange.
- 1-tablespoon olive oil.

Step 1

Place the rice in a sieve and rinse under cold running water. Bring a pan of water to the boil and add the rice. Bring back to the boil, and then cook until tender, (about 11 minutes). Rinse in cold water, drain well, and allow to cool.

Step 2

Wash the apple, quarter and core, then dice and slice. Use a sharp knife to cut away the peel and pith or the orange, then roughly chop the flesh.

Step 3

Put the rice in a large mixing bowl and stir in the apple and orange, drizzle with olive oil and serve.