

Christmas rice salad (leftovers)



Fed up of turkey/chicken sandwiches, why not try this salad as an alternative to use up any leftovers.



Ingredients

Serves 3-4

- 150g brown basmati rice
- 30g wild rice
- 20g Camargue red rice
- 1 tbsp of garlic infused oil
- 15g fresh tarragon
- 2 chicken/turkey breasts
- 1tbsp of grained mustard gluten free
- 1 tbsp of light mayonnaise (gluten free or egg free mayonnaise if needed)
- 40g pine nuts
- 5 radishes
- 5cm slice of cucumber
- Salt and pepper to taste
- fresh salad leaves to decorate

Method

If using fresh turkey or chicken coat the meat in oil and chop the tarragon and add it to the chicken – roast in an oven until cooked. Cool quickly. If using cooked meat, then add the oil and tarragon to the rice and use the meat cold.

Add the rice to a pan with water and simmer until cooked and soft, cool quickly.

Mix the mayo and grained mustard together and add to the rice with the chicken, pine nuts, sliced radishes and chopped cucumber add salt + pepper to taste and serve.

If you are sensitive to resistant starches this dish can be served freshly cooked and hot – just serve the radish and cucumber on the side of the plate.