

Japanese-Style Rice Salad

Meal course: Lunch

Meal type: Fish

Country of origin: Japan

Difficulty: Easy

Servings: 2

Total time: 15 minutes

Ingredients

2 spring onions, chopped
 black sesame seeds, to serve (optional)
 250g basmati rice, cooked
 1/2 avocado, diced
 150g king prawns, cooked and peeled
 50g edamame beans, defrosted if frozen
 50g green peas
 greens of choice

For the dressing

1 TSP toasted sesame oil
 1 TBSP pickled ginger, chopped
 2 TBSPS rice vinegar
 1 TBSP mirin

Nutrition Facts

	Amount per serving
Calories	475
Total Fat	13g
Saturated Fat	2g
Total Carbohydrate	65g
Dietary Fiber	20g
Total Sugars	28g
Protein	24g
Cholesterol	121mg
Vitamin D	2IU
Calcium	362mg
Iron	6mg
Potassium	2900mg
Sodium	850mg

Instructions:

1. Whisk together all dressing ingredients in a bowl.
2. Whisk dressing ingredients together in a small bowl.
3. Heat rice. Transfer to a bowl and break up. Cool a bit, then add pour in half of the dressing. Toss well.
4. Add in vegetables and prawns and toss again.
5. Divide between serving plates and spoon over the leftover dressing.
6. Finish with a sprinkle of sesame seeds.

Notes: : to make this recipe vegan, just use dried or fresh seaweed instead of prawns. The ingredients use in this recipe are a source of iron.