

## Brown rice, bean, sesame and shredded vegetable salad with tamari dressing



*Ingredients:* serves: 2 (at school serves 8)

*185grams cooked brown rice*

*150grams rinsed, drained no-added-salt red kidney beans*

*2 green shallots, white part only, thinly sliced*

*120g shredded red cabbage*

*1 carrot, coarsely grated*

*100grams sugar snap peas, sliced*

*1 tablespoon salt-reduced tamari*

*2 teaspoons mirin*

*1 teaspoon sesame oil*

*1/2 teaspoons sesame seeds*

### *Method:*

- 1) Combine the rice, kidney beans, shallot, cabbage, carrot and sugar snaps in a large bowl.*
- 2) Combine the tamari, mirin and sesame oil in a small jug. Add to the salad and toss to combine. Sprinkle with sesame seeds.*