

Wild mushroom and black rice salad

This salad is packed with amazing B vitamins, and lots of protein and then there is the iron that the black rice contains. A lovely recipe to have on rotation that is for certain.

Ingredients

200g mixed mushrooms (I used Oyster, Portabello, Lions Mane and King)
Olive or avocado oil for frying the mushrooms
¼ cup dried black rice
¼ cup black lentils (beluga or other lentils)
1 bunch asparagus
Handful rocket
Handful parsley leaves
2 tbsp pine nuts
Balsamic vinegar
Salt and pepper

Pre work night before

Soak the rice in filtered water overnight
(put in fridge if it's hot weather)
Soak lentils in filtered water

Method

1. Remove the rice from its soaking water then cook in plenty of salted water for 20 minutes or until the grains are soft and cooked.
2. Cook the lentils in plenty of salted water (starting with boiling water) and cook for 15 minutes or until tender.
3. Steam the asparagus.
4. In a dry frying pan toast the pine nuts until they brown a little.
5. Fry the mushrooms in the oil until nice and brown.
6. Mix the cooked mushrooms, rice and lentils together and sprinkle on a few tablespoons of balsamic vinegar and taste for salt and pepper
7. Add the rocket and parsley to a salad bowl. Layer the rice, lentil mushroom mix on top, then top with asparagus and the pinenuts.

The logo for Veet Karen, featuring the name in a stylized, handwritten script font.