



## African Brown Rice Salad



### Ingredients

- ✘ 250g uncooked brown rice
- ✘ 750ml vegetable stock
- ✘ 100g brown lentils
- ✘ 1 tablespoon vegetable oil
- ✘ 1 tablespoon mild curry powder
- ✘ 40grams sultanas
- ✘ 65ml orange juice
- ✘ **2 tablespoon Bombay Authentics® Luxury Mango Chutney**
- ✘ 1 ripe mango, peeled and sliced or 1 can mango slices
- ✘ 1 bunch coriander leaves
- ✘ Pepper to taste

### Method

- ✘ Soak the brown rice in water for 10 minutes to make it slightly soft
- ✘ Then cook the brown rice in 750ml vegetable stock mix until done
- ✘ Cook brown lentils separately in water until soft. Once done, rinse the lentils under cold water, drain and mix with rice
- ✘ Chop the coriander leaves and add to the rice
- ✘ Heat the oil in a saucepan and fry the curry powder for two minutes until fragrant
- ✘ Add the orange juice, sultanas, mango chutney and simmer for 5 minutes.
- ✘ Then pour the orange dressing over the rice mixture and mix lightly. Add the mango slices.
- ✘ Season with pepper and serve warm or cold

