

# Japanese Seeded Brown Rice Salad

**Season:** Autumn/Winter/Spring

**Makes:** 30 tastes in the classroom  
or 6 at home

- The tofu can be substituted with chicken, roasted pumpkin or even tuna.
- The rice can be prepared ahead of time.

**Fresh from the garden:** avocado, broccoli, celery, ginger, orange

## Equipment:

metric measuring spoons, cups  
and scales  
tea towel  
cook's knife  
chopping board  
small frying pan  
citrus juicer  
fine grater  
medium saucepan with lid  
small bowl  
fork  
large saucepan  
colander  
large non-stick frying pan  
wooden spoon  
large bowl  
large platter, to serve  
salad servers

## Ingredients:

1 cup brown rice  
1 head of broccoli, chopped into florets  
2 tbsp sunflower oil  
200 g tofu, chopped into 1.5 cm cubes  
2 celery stalks, finely sliced  
1 small handful of baby spinach leaves  
½ cup sunflower seeds, toasted  
¼ cup sesame seeds, toasted  
¼ cup black sesame seeds, toasted  
1 avocado, peeled and cut into 2cm cubes  
½ cup nori flakes or nori sheets broken up

## For the dressing:

2 tbsp fresh orange juice  
1½ tbsp light soy sauce  
2 tsp honey  
2 tsp freshly grated ginger



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Cook the rice in a medium saucepan of water using the absorption method, allow to cool.
3. To make the dressing, combine the orange juice, soy sauce, honey and ginger in a small bowl and whisk with a fork. Set aside.
4. Blanch the broccoli in simmering water, strain and cool under cold running water.
5. Heat the sunflower oil in the frying pan and gently fry the tofu cubes, browning on all sides.
6. Place the rice, broccoli, celery, spinach, half the sunflower seeds and half the toasted sesame seeds in a large bowl. Toss to combine.
7. Dress the salad, toss again and place onto your serving platter.
8. Top with the tofu and avocado and sprinkle with remaining toasted seeds and nori flakes.

