

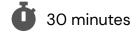




Black Rice & Nectarine Salad

with Falafels

Beautiful in-season nectarines tossed through black rice with radish and a maple vinaigrette and served with pan-fried falafels.





2 servings



Herb it up!

If you have fresh herbs on hand, you could chop and stir them through the salad when serving. Mint, coriander, parsley or dill would work beautifully in this dish.

TOTAL FAT CARBOHYDRATES

55g

84g

FROM YOUR BOX

BLACK RICE	150g
FALAFELS	1 packet
CHIVES	1 bunch
GARLIC	1 clove
NECTARINE	1
CELERY STICK	1
RADISHES	1 bunch

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice), maple syrup

KEY UTENSILS

frypan, saucepan

NOTES

The falafels can also be cooked in a moderate oven or on the barbecue.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes or until tender. Drain and rinse with cold water.



2. COOK THE FALAFELS

Heat a frypan over medium-high heat with **oil**. Add falafels and cook for 3-4 minutes each side or until heated through (see notes).



3. MAKE THE DRESSING

Thinly slice half the chives and crush garlic. Whisk together in a bowl with 4 tbsp olive oil, 2 tbsp vinegar, 2 tsp maple syrup, salt and pepper.



4. MAKE THE SALAD

Dice nectarine and celery. Trim and slice radishes (use to taste). Add to a bowl with rice and <u>half</u> the dressing. Toss together and season with **salt and pepper**.



5. FINISH AND SERVE

Slice remaining chives.

Divide salad among plates or bowls. Add falafels and extra dressing on the side, and sprinkle with chives.







