

# Wild Rice, Tomato & Rocket Balsamic Salad

## Serves 4

- 1 cup (185g) rice
- 160g roasted peppers, drained, chopped
- ¼ cup (30g) roasted almonds, chopped
- 1 cup (150g) cherry tomatoes, halved
- 2 oz. (60g) rocket
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- ½ tsp. chili flakes

## What you need to do

1. Cook the rice according to instructions on the packaging. Once cooked, place in a large bowl.
2. Add in the peppers, almonds, tomatoes, and rocket. Drizzle with vinegar and oil, add chili flakes—season to taste with salt and pepper and mix until well combined, before serving.



GF	DF	MP	V						
				Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
				10 mins	20 mins	288	9	44	7

\*Nutrition per serving

