



PINEAPPLE AND TOASTED COCONUT

BROWN RICE SALAD

This salad is super easy and tastes delicious. It goes really well with chicken, meat or burgers on the BBQ.

- ▶ ½ cup shredded coconut
- ▶ 2 packets microwave brown rice
- ▶ ½ pineapple
- ▶ 1 red capsicum
- ▶ baby spinach
- ▶ handful fresh mint
- ▶ handful fresh flat leaf parsley
- ▶ 2 tbsp extra virgin olive oil
- ▶ juice of half a lemon
- ▶ cracked black pepper

- 1 Preheat the oven to 160°C. Spread the coconut over a baking tray and roast in the oven for a few minutes, stirring every couple of minutes until light brown. Remove from the oven.
- 2 Meanwhile cook the brown rice to packet instructions.
- 3 Remove the skin from the pineapple, core and cut half of the fruit into small pieces.
- 4 Cut the red capsicum into small dice, discarding the seeds and core.
- 5 Roughly chop the fresh herbs.
- 6 In a salad bowl mix all ingredients together, toss well and serve!

SERVES
4-6