

Wild Rice, Charred Broccolini and Egg Salad



Preparation time:	45 mins
Serves:	4 people
User Rating:	★★★★☆

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes, Entertaining, Vegetarian

Is there anything better for lunch than a home-made, healthy salad? Probably not. Especially when you have a recipe as good as this one.

Packed full of all the good stuff - wild rice, broccolini, avocado, almonds, pomegranates and radishes this really is the ultimate summer salad.

Then, when it comes to adding that protein power-kick, boiled eggs are your easy - and nutritious - salad solution. So, get your timer ready in clocking that ideal cooking time for your soft boiled egg of choice.



Ingredients

Salad

- 150g wild rice
- 4 eggs

- 1 tablespoon olive oil
- ¼ cup (65g) whole raw almonds
- Salt and pepper to taste
- 2 bunches broccolini, ends trimmed
- 5-6 red radishes, trimmed and cut into wedges
- 3 green onions, sliced
- 1 small pomegranate, seeds removed
- 1 ripe avocado, peeled and quartered

Dressing

- 2 tbsp red wine vinegar
- 2 tsp Dijon mustard
- 3 tbsp extra virgin olive oil
- Salt and pepper to taste

Method

1. Cook wild rice according to packet instructions. Drain and set aside.
2. Cook eggs in a saucepan of boiling water for 5 minutes or until medium soft. Remove and cool immediately with cold water to stop cooking. Peel and set aside.
3. Meanwhile, heat oil in a non-stick frying pan over medium-high heat. Add almonds and pinch of salt and toss in hot pan for 1-2 minutes or until toasted. Transfer to plate and coarsely chop once cooled.
4. Cut broccolini into bite size pieces. Cook in the same pan as the almonds were toasted in, until lightly charred and just softened. Remove and set aside.
5. To make the dressing, whisk red wine vinegar, mustard, and season to taste with salt and pepper. Drizzle in olive oil and mix well.
6. Combine wild rice, charred broccolini, radish, green onion, almonds and pomegranate in a large salad bowl. Pour over half the dressing and toss gently to coat.
7. Cut eggs in half and arrange over salad with avocado. Drizzle over remaining dressing. Serve immediately.

Notes

- Wild rice, broccolini, eggs, almonds and dressing can all be prepared a day ahead and refrigerated separately.
- Wild rice can be cooked in a rice cooker.
- Substitute wild rice with black rice or brown rice.
- For a shortcut, use microwave rice sachets.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
442g	2640kJ 631kcal	22.9g	42.4g	6.9g	34.4g	8.4g	309mg	12.3g
Vitamin D								
4.1µg								

All nutrition values are per serve.