

Bhutanese Red Rice Salad with Asparagus, Sugar Snap Peas, and Cashews

ADAPTED FROM REBECCA KATZ'S ONE BITE AT A TIME

INGREDIENTS:

- 2 t. sea salt
- 2 C. Bhutanese red rice, or other nutty rice
- 3 C. crunchy, crispy, colorful vegetables, grated, chopped, or chunked (I used 1 C. grated carrot, some finely sliced red cabbage, chopped steamed asparagus, and chopped sugar snap peas)
- 1/2 C. scallions/green onions, sliced thinly diagonally, green and white parts

DRESSING:

- 2 T. brown rice vinegar
 - 3 T. tamari
 - 1 T. minced fresh ginger
 - 2 cloves garlic, minced
 - 1/8 t. cayenne
 - 1/4 C. sesame oil - use the light clear kind - i.e. olive oil
 - 1 t. toasted sesame oil
 - 3 T. fresh lime juice (I used lemon)
 - 1/8 t. sea salt
 - 1/2 t. Grade B maple syrup
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- 1 C. toasted cashews (I toasted mine in the oven)
 - 1 T. fresh cilantro (I omitted)
 - 1/2 cup chopped fresh basil (I used arugula)
 - 1 T. lightly toasted sesame seeds (these I toast in a dry pan)
 - 2 t. fresh lime juice (I used lemon)



Preparation:

1. All the different nutty rices have slightly different cooking ratios and times, so cook your rice accordingly, with the 2 t. of sea salt. When rice is cooked, pour onto a sheet pan and fluff with a fork to separate grains until cool.
2. In a bowl combine the rice, crunchy veggies, and scallions. Prepare the dressing by whisking the vinegar, tamari, ginger, cayenne, garlic, sesame oil, toasted sesame oil, lime juice, salt, and maple syrup together. Toss the rice mixture with the dressing. Stir in the cashews (reserve a few for garnish), cilantro and basil. Top with the sesame seeds and a squeeze of lime. Serve in a salad bowl, garnished with cashews.

Yield: This recipe makes a large amount of salad (serves 6 to 8)