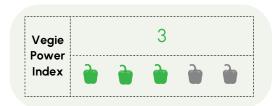
Hawaiian rice salad







| Recipe classification | ACT | NSW | NT | QLD | SA | TAS | VIC | WA |
|--------------------------|-------|----------|-------|-------|-------|-------|-------|-------|
| | Green | Everyday | Green | Green | Green | Green | Green | Green |

PREP/COOKING TIME: 35 MINUTES

BASED ON: 10 SERVES

| INGREDIENTS | SERVES 10 | SERVES 25 | SERVES 50 |
|-------------------------------|-----------|-----------|-----------|
| Brown rice, raw | 250 g | 625 g | 1.25 kg |
| Canned/frozen corn kernels | 220 g | 550 g | 1.1 kg |
| Celery sticks, sliced | 4 sticks | 5 sticks | 10 sticks |
| Spring onions, sliced | 3 | 7 | 15 |
| Lean ham slices, diced | 5 | 12 ½ | 25 |
| Medium carrots, grated | 1 1/2 | 4 | 8 |
| Red capsicums, diced | 1 | 2 ½ | 5 |
| Canned pineapple, drained | 220 g | 550 g | 1.1 kg |
| 150mL oil-free salad dressing | 75 mL | 190 mL | 375 mL |
| Black pepper (to taste) | | | |

METHOD

- 1. Cook brown rice (cover in water at a 2:1 water to rice ratio, bring to a boil and then simmer for 15-20 minutes)
- 2. Mix all ingredients (including cooked rice) in a large bowl
- 3. Refrigerate before serving