

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 ½	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