

# Rainbow Rice Salad

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## **Salad ingredients:**

1 cup brown or white rice, uncooked  
400gm can Four Bean Mix, drained and well rinsed  
420gm tin corn kernels, drained  
½ medium red onion, finely chopped  
½ red and yellow capsicum  
2-3 stalks celery, finely chopped  
1 medium carrot, peeled and finely diced  
2 tblspn chopped mint

Mix all together in a large bowl

## **Dressing**

Ingredients:

Juice of one lime, or 1 ½ tblspn bottled lime juice  
Equal amount of good quality Olive Oil  
1 tspn mustard, preferably seeded. (don't use powdered mustard)  
3-6 drops Tabasco sauce



Put all ingredients into a glass jar, put the lid on firmly and shake briskly until well mixed. Pour over the salad and mix in well just before serving. Can be kept in the fridge for a couple of days.