

# TOMATO RICE SALAD

## INGREDIENTS

- 500 g long grain rice
- ½ cup slivered almonds
- 2 cloves garlic, crushed
- 1 medium brown onion, finely diced
- 1 tablespoon olive oil
- 2 X 400 cans chopped tomatoes
- 1 heaped tablespoon tomato paste
- ½ cup chopped flat leaf parsley
- ½ cup shredded basil leaves
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- Black pepper, to taste

## METHOD

1. Bring plenty of water to the boil in a large saucepan, then add the rice and simmer, uncovered, for about 10 minutes or until cooked. Drain and rinse under cold water in a colander or sieve, and set aside to cool.
2. While the rice is cooking, lightly toast the slivered almonds in a dry non stick frying pan for a couple of minutes until browned, then set aside to cool.
3. Soften the garlic and onion in the olive oil in a large frying pan. Add the tomatoes and tomato paste and simmer for 10 minutes. Remove from the heat, add the cooked rice and allow to cool.
4. To serve, stir through the fresh herbs, toasted almonds, extra virgin oil and balsamic vinegar, and season with pepper.

Serves 6 – 8 as a side dish

	Per Serving	Per 100g
Energy	1473kJ	740kJ
Protein	7g	3g
Fat – Total	11g	6g
- Saturated	1g	<1g
Carbohydrate - Total	54g	27g
- Sugars	4g	2g
Sodium	87mg	44mg

**BIG  
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BBQ**

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