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Asian Brown Rice Salad with Poached Egg

Our take on coleslaw is crunchier and lighter than you'd expect. There's no mayonnaise in this recipe, instead we've used tahini - a paste made from ground sesame seeds. Easy on the eyes and on the lips, you'll love this brightly coloured dish, especially when you burst into that perfectly poached egg.

Total: 45 mins

Prep: 15 mins Cook: 35 mins



level 2



lactose free



gluten



high fibre



low sodium



Pantry Items: Olive Oil, Hot Water, Honey

Butternut Pumpkin



Brown Rice



Tahini



Lemon



Ginger



Red Cabbage



Carrot



Coriander



Spring Onions



Free-Range Eggs

2P	4P	Ingredients	
1 portion	2 portions	butternut pumpkin, cut into wedges	
1 tbs	2 tbs	olive oil *	
⅔ cup	1 ⅓ cups	brown rice	
1 ½ cups	3 cups	hot water *	
1 tbs	2 tbs	tahini	
1/2	1	lemon, juiced	1
1 tsp	2 tsp	honey *	
1 knob	2 knobs	ginger, peeled & finely grated	
3 cups	6 cups	finely shredded red cabbage	
1	2	carrot, peeled & grated	
½ bunch	1 bunch	coriander, finely chopped	\$
1 bunch	2 bunches	spring onions, finely sliced	
2	4	free-range eggs, at room temperature	#

May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2690	Kj
Protein	24.3	g
Fat, total	20.8	g
-saturated	4.2	g
Carbohydrate	81.2	g
-sugars	21.5	g
Sodium	155	mg

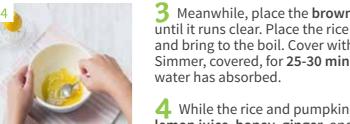
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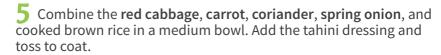
You will need: chef's knife, chopping board, juicer, grater, vegetable peeler, baking paper lined oven tray, two medium saucepans (one with a lid), sieve, small bowl, slotted spoon, paper towel, and a plate.

- Preheat the oven to 200°C/180°C fan-forced.
- 2 Place the **pumpkin wedges** on the prepared oven tray and coat in half of the **olive oil**. Season with **salt** and **pepper** and cook in the oven for **30 minutes** or until tender.



3 Meanwhile, place the **brown rice** into a sieve and rinse with water until it runs clear. Place the rice and **hot water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes** or until the rice is tender and the water has absorbed.

4 While the rice and pumpkin are cooking, combine the **tahini**, **lemon juice**, **honey**, **ginger**, and the remaining olive oil in a small bowl. Adjust the consistency with a little warm water if you like. Set aside.



6 Bring a medium saucepan of water to a gentle simmer. Crack an egg into a small glass or bowl. Create a whirlpool with the water using the handle of a spoon. Carefully pour the egg into the centre of the whirlpool and cook for 2 minutes and 30 seconds or until the white is set and the yolk is still runny. Remove the egg from the water using a slotted spoon and rest on a paper towel lined plate. Repeat with the remaining eggs.

Tip: Alternatively you can use a soft-boiled egg. Bring a small saucepan of water to a gentle simmer and add the whole egg. Cook for **5 minutes** and **40 seconds**. Remove and peel.

Divide the brown rice salad between plates. Top with the pumpkin wedges and a poached egg.



