

## Forbidden Rice Salad with Blistered Broccolini and Miso Dressing from East by Meera Sodha

Serves 4

### Ingredients

For the salad:

1 ½ cups venere nero rice

Canola oil

½ lb broccolini

⅓ lb snow peas

1 avocado

3 cups shredded red cabbage

¾ cup thinly sliced radishes

1 cup frozen podded edamame beans, defrosted

For the dressing:

½ cup unsalted cashews

½ inch ginger, peeled and chopped

3 ½ tbsp white miso

2 tbsp canola oil

3 ½ tbsp lemon juice

1 tbsp agave syrup

1 tsp salt

Water

### Instructions:

Put the rice into a large pan, cover with plenty of water, and bring to the boil. Once boiling, turn down the heat to a simmer and cook for 18 minutes, until tender. Drain into a sieve, then set the sieve over the same pan, cover with a kitchen towel, and leave to one side.

Put all the dressing ingredients into a blender with ⅓ cup of water and whizz. Taste, and adjust the salt, lemon, and miso as you wish.

For the vegetables, heat 1 ½ tablespoons of canola oil in a large frying pan on medium-high flame. Once hot, add the broccolini and cook for 2 minutes, then add a splash of water (about 3 tablespoons), toss, and cover with a lid. Leave to cook for 5 minutes, until tender, then transfer to a plate. Add another drizzle of oil to the pan and, when hot, add the snow peas. Cook for a couple of minutes until nicely blistered, then add to the plate with the broccolini.

To assemble the salad, put the cooked rice into a large serving bowl. Pit the avocado, then cut into wedges and peel. Layer the cabbage, broccolini, and snow peas over the rice, followed by the radishes, edamame, and avocado. Drizzle over the dressing, mix, and serve.