

FRUITY RICE SALAD

125g Crazy Jack Currants

Juice & finely grated zest of 1 large organic orange

350g cooked Crazy Jack Brown Rice

50g Crazy Jack Cashew Nuts - lightly toasted

2 spring onions finely chopped

100ml olive oil

1tbsp "Sanchi" Tamari

1tsp Dijon mustard

Salt & pepper

1. Soak the currants in the orange juice for 30 minutes. Strain & reserve the juice.
2. Mix the juice with olive oil, tamari, mustard & seasoning.
3. In a large bowl combine the remaining ingredients, pour dressing over and serve