



Black rice, basil & pine nut salad

Black rice brings the antioxidants, while basil will calm your gut.

Ingredients

1 cup black rice

1 corn cob

1 head broccoli,
cut into florets

2-4 garlic cloves (to taste),
gently squashed with
back of knife and halved

Salt

Juice of ½-1 lemon

Extra virgin olive oil

1 bunch fresh basil,
washed (leaves only)

2-4 tbsp pine nuts, to taste

⌚ Prep & cooking time: 45 minutes 🍴 Serves 4 as a meal, 6 as a side dish



Method

Cook rice according to packet. I used the absorption method, which takes about 40 minutes. Once cooked, let rice sit, with lid on, for a further 5 minutes.

Meanwhile, steam corn for 10 minutes and broccoli for 5. Place broccoli in a bowl, add half the garlic, a pinch of salt, a good squeeze of lemon, a generous pour of olive oil, toss gently. Set aside.

Finely chop basil leaves, place in a large bowl. Add pine nuts and remaining garlic. Carve corn kernels off cob with sharp knife, add to bowl.

Add cooked rice to the bowl, stir to combine. Add broccoli. Finish with lemon juice.

Serve warm.

Nutritional information

Whole grains are excellent sources of dietary fibre, which not only keeps the bowels healthy, but provides a great food source for the gut microbiota. Black rice is rich in the antioxidant group called polyphenols, which help nourish and restore the microbiota.

Whole grains are also associated with a lower risk of cardiovascular disease, which is why they're one of the key elements of the Mediterranean diet, considered one of the healthiest diets. Herbs, including basil, are also in the Mediterranean diet. The essential oils in aromatic herbs such as basil not only give food a fragrant taste, but aid digestion by calming the muscular action of the gut.

This flavoursome salad can be served as a meal on its own; the pine nuts combine with the grains to make a great serve of protein, and there's two serves of vegetables including green leafy vegetables (basil).

Recipe by
Sandra Vilella
Jean Hailes
Naturopath

