



Tuna, Avocado, and Brown Rice Salad

INGREDIENTS:

- 400g (2 cups) brown rice
- 10g dried wakame, thinly sliced
- 300g diced fresh tuna
- 150g podded frozen edamame, defrosted
- 1 Lebanese cucumber, halved lengthways and sliced
- 2 spring onions, thinly sliced
- 2 avocado, halved and thinly sliced
- Roasted sesame seeds, to serve

MATCHA-GINGER DRESSING

- 1 tsp matcha
- 70 ml vegetable oil
- 1½ tbsp brown rice vinegar
- 2½ tsp tamari
- ½ tsp finely grated ginger

METHOD:

1. Bring rice, wakame, 1 tsp salt, and 1.25 litres of water to a boil in a saucepan, then reduce heat to low-medium, cover with a tight-fitting lid and cook until rice is tender (35-40 minutes). Remove from heat and stand covered for 10 minutes to steam.
2. Meanwhile, for the matcha-ginger dressing, whisk matcha and 1 tbsp hot water in a bowl until smooth, add remaining ingredients and whisk to combine.
3. Divide rice among serving bowls. Combine tuna, edamame, cucumber, and spring onion in a bowl, drizzle with a little matcha dressing to taste, and toss to combine. Divide among bowls, then top each with half a sliced avocado. Drizzle with extra matcha dressing, scatter with sesame seeds, and serve.