



Creole-Style Banana Rice Salad

(makes 4 generous or 6 smaller servings)

Sweet, sour, spicy, colourful and great on its own or alongside roast chicken, fish or a light curry. It also works very well with kiwi, apricots, black grapes and pistachios or cashew nuts in place of the banana, pineapple, green grapes and walnuts/almonds

Ingredients

Salad

220g long grain rice
4 large bananas, peeled and sliced
1 tablespoon lemon juice
1 medium red eating apple, cored and chopped
100g seedless grapes
80g canned or fresh pineapple, chopped
2 tablespoons finely chopped walnuts (or almonds) toasted
1 tablespoon sultanas
Large lettuce leaves

Dressing

6 tablespoons top quality or homemade mayonnaise
2 tablespoons lemon juice
Large pinch hot chilli powder
½ teaspoon dry english mustard

Method

Cook the rice in boiling salted water for 15 minutes or until tender. Drain well and allow to cool. Put the rice in a mixing bowl and gently stir in the bananas, lemon juice, apple, grapes, pineapple, walnuts or almonds and sultanas.

Mix together the mayonnaise, lemon juice, chilli powder and mustard and stir into the banana and rice mixture.

Arrange the lettuce leaves in a large serving dish, pile the rice mixture on top and sprinkle over more chopped walnuts or almonds.