

# Asian Wild Rice Salad

*Swick*

Serves 4 to 6 | Active Time: 30 minutes | Total Time: 1 hour

## Step 1: Preparing the Dressing

- 2 tbsp Fruit Paste
- 3 tbsp rice vinegar
- 2 tsp dark (barley) miso
- 2 tbsp soy sauce or tamari
- 1 tsp sambal oelek, or to taste
- 1 1/2 tbsp fresh ginger, finely minced
- 2 cloves garlic, minced (approx. 2 tsp)
- 1 tbsp toasted sesame oil (optional)

To start, first prepare the Fruit Paste. For this recipe we typically like to use date paste; however, mango paste also goes nicely with this salad.

To prepare the dressing whisk together fruit paste, vinegar, miso, soy sauce, sambal, ginger, and garlic — as well as the optional sesame oil.

- 3 cups wild rice, cooked and cooled
- 3 tbsp green onion, sliced on the bias
- 1 cup shredded carrot
- 1 1/2 cup shredded red cabbage
- 4 tbsp fresh cilantro, roughly chopped
- 3 tbsp toasted sesame seeds
- lime wedges, for serving

After the wild rice is cooked and cooled, place in a bowl and add the green onions, carrots, cabbage, cilantro and half of the sesame seeds.

Next, add the dressing and gently toss to combine.

When it's time to serve the salad, garnish it with a bit of extra cilantro, the remaining sesame seeds a good squeeze of fresh lime juice.