

0
Shares

**MOUTH
WATERING
vegan™**



Rainbow Spring Rice Salad

It's delicious, colourful, optimistic, great for spring, beach trips and picnics, or a side dish for vegan barbeques, parties, light lunches – you name it. It's ideal – enjoy this!!! The flavours are diverse, contrasting and enjoyed by all !!! Once you chop everything, the rest is fast and easy . . . as is eating it.

Serves around 4 portions.

INGREDIENTS FOR RICE SALAD

- 1 cup cooked American rice
- 2 spring onions, finely chopped
- $\frac{3}{4}$ cup mixed red and green peppers
- 1 cup sweetcorn
- $\frac{1}{2}$ cup walnuts or pecans
- 1 medium sized zucchini, chopped into small pieces
- 2 tbsps fresh basil, chopped
- $\frac{1}{2}$ cup mixed chopped parsley and mint
- 6 olives, cut into small pieces
- $1\frac{1}{2}$ tsp curry powder
- $\frac{1}{2}$ cup vegan cheese of your choice, cut into small squares
- 1 apple, chopped into small squares
- $\frac{1}{4}$ cup golden sultanas

- salt and pepper to taste
- 2 tbsps olive oil
- juice of 1 lemon
- zest of ½ lemon

0 Shares

METHOD

Place the cooked rice in a medium sized bowl and add the above ingredients. Mix and serve. Refrigerate what's left. Enjoy !!!

All recipes, content & design © Miriam Sorrell www.mouthwateringvegan.com 2010

These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave a constructive comment !



Delicious Red Bean Nut Burgers

Delicious, Moist Carrot & Ginger Cake with a Mouthwatering Frosting



30 COMMENTS



Christian Grimm

April 7, 2011 at 1:03 pm

Delicious!!!

0
Shares



Rosamund Raha

April 7, 2011 at 2:22 pm

Could I feature your Rainbow Spring Rice Salad in The Vegan magazine (The magazine of The Vegan Society)? With a credit to you of course.

Best wishes

Rosamund



Miriam

April 7, 2011 at 4:33 pm

Hi Rosamund,

Thanks for your comment and invite – I am more than happy for you to have this recipe for publication in the Vegan Society magazine. Let me know what you're going to need in terms of files, pics, etc, and I will email them to you.

Best, Miriam



Miriam

April 7, 2011 at 4:36 pm

Thanks so much Christian. It's definitely very tasty, and very difficult to stop eating. Best, Miriam.



**Marcel Kopp**

April 12, 2011 at 7:41 am

Hello Miriam

0
Shares

This Recipe sounds very awesome! I know what i will cook this evening 😊

Your "Blog" is very interesting with some pretty good Recipes!

Kind regards

Marcel

**Miriam**

April 12, 2011 at 10:47 am

Hi there Marcel, thanks for your wonderful comment, I do hope that you enjoy my recipes and that I hear back from you with your comments ! Enjoy and Best to you !

**Cynfelyn**

April 13, 2011 at 7:21 pm

About to make this recipe.

What do you mean by "1 cup" of a particular ingredient?

I'm from the UK.

**Miriam**

April 13, 2011 at 7:43 pm

You can either purchase a cheap set of measuring cups – or use a normal tea cup and fill to the top – the tea cup sizes in terms of capacity are usually more or less the same – give and take a few grains, so not to worry. Eg 1 cup of sugar in grams = 220 grams. Hope this

helps.



Cynfelyn

April 13, 2011 at 9:52 pm

I actually managed to find some measuring cups!
Made the dish, tasted great, I think it needed some more curry powder though.
Put the rest in the fridge for tomorrow, thanks 😊
Picture (as always hehe): <http://bit.ly/huEJlr>



GamiCarole

April 14, 2011 at 3:33 pm

Can you substitute seedless raisins (in the US) for sultanas, without notable difference?



Miriam

April 14, 2011 at 3:53 pm

You sure can Carole ! Let me know how it goes, cheers to you !



Mary

April 29, 2011 at 4:03 pm

Dear Miriam

I love your blog! I started to be vegan 2 years ago and quit again because I felt overstrained to create yummy meals for me and my boyfriend who is not even vegetarian!

Furthermore, in my opinion, Europe isn't that progressive concerning vegan ingredients. You encouraged and showed me that cooking vegan isn't a miracle at all! Thank you!

Greetings from Switzerland

0

Shares



Miriam

April 29, 2011 at 6:15 pm

Mary Hi and thanks for your comment – thanks for loving my blog, I put my heart into my cooking – I understand how you must have felt with restrictions on recipes, although that at last is beginning to change (let me know if you need any help with substitutes), – I post weekly so you will find enough to keep you and your loved ones happy ! Enjoy !



Deb

May 24, 2011 at 7:59 pm

Beautiful!! Haven't had time to make it, yet, but it's bound to be delicious.



Miriam

May 26, 2011 at 2:35 pm

Hi Deb, yes, visually it is beautiful and it tastes delicious too, and that's a promise ! Hope you enjoy it at some point. Best to you !



Ann Thomas

June 4, 2011 at 12:32 am

Made this salad a couple of times(so far) and it was just DELISH!

**0**

Shares

Stephanie (Vegan Momma)*September 29, 2011 at 6:13 pm*

I'm making this again for the billionth time! Today for our kids Montessori School festival. This dish is a hit every time and every where! There will be a crowd from Persia, India, and naturally us American born citizens as well as Mexicans! This dish easily reaches all pallets across the board! Thanks again!

**Miriam***October 1, 2011 at 3:15 pm*

Stephanie Hi there and many thanks for your most wonderful comment – I have embraced each word, and it is comments like this that make it all worthwhile. It is indeed one of those dishes that many people, vegan or not love ! I look forward to your future comments (very much so actually), and I hope the School Festival all went well too ! Cheers to you !

**Shelia***June 30, 2012 at 1:40 am*

This is just the type of recipe I'm looking for. Light, easy on these super hot days, and most ingredients on hand. I do have a question, tho. I've been shying away from curry powder. I'm not fond of many middle east dishes, as the aroma is just not to my liking. Is it the curry spice that makes most Indian/Middle Eastern dishes so pungent? Is there another spice I could substitute? I do prefer a Mediterranean flair, and even a mild Mexican taste. I just can't bring myself to enjoy the scent of many of these other spices. Thanks in advance!

**Miriam**

June 30, 2012 at 8:06 am

0
Shares

Hi there Sheila and welcome here to my site. Mmm, the thing about curry is you love it or you don't – I love it. You can omit it in this recipe and add some paprika if you wish instead (for a more mexican taste). It's difficult to say which Indian spices you would like as it's just so very personal to each individual. Again, I love almost every spice I have come across. I think it might be down to trying some of the recipes with reduce amounts of the spices and see how you feel. I have a goulash, bean stews etc that I think you may enjoy. Go browse my categories and look at the pictures before you eat so that you get in touch with the colours and potential tastes on an empty stomach, then go make the one that pulls you in and see what happens. Good luck and if I can help you further in the future just let me know. Many of my recipes are mediterranean based. Best to you !

**Rosie**

July 2, 2012 at 12:13 am

Hi Miriam

Im from Australia – what is American rice?

Thanks!

**Miriam**

July 2, 2012 at 9:35 am

Rosie Hi there and welcome to my site. American rice is generally a white long grain rice. I am sure you will find this in Australia – white long grain is one of the most common rice/s available – remember you can make this recipe with any rice that takes your fancy. Hope you enjoy this recipe.

**Debra***August 23, 2012 at 10:47 pm*

This is the best salad i have ever tasted! Everyone in the house loves it. I actually doubled it cause with my big eaters here i wasnt sure it was going to make enough for them, and I am soooo glad i did. Thank you

0
Shares**Miriam***August 23, 2012 at 11:09 pm*

Hi there Debra and welcome here. I must admit that it's a favourite of mine too. I am delighted that everyone loved it. I look forward to your future comments on my blog. Best wishes your way in the meantime !

**Toma***November 2, 2012 at 10:47 pm*

Made this salad for my b-day last year – everybody enjoyed it so much! Yum!! 😊

**Miriam***November 3, 2012 at 10:39 am*

Toma Hi there and welcome here. I am glad that you made and enjoyed this salad and hope you enjoy more of my recipes. Toma, try my middle eastern salad at some point, I think you might like that too ! Best wishes your way in the meantime and I look forward to your future comments on my blog.



**Leslie in Springfield**

July 29, 2013 at 2:17 am

Delicious! I made it with half white rice and half red quinoa and I love the extra color and texture of the quinoa. The second time I made it, I substituted lime zest and juice with grated ginger and minced garlic instead of the lemon and curry powder. It's hard to say which version we like better. Perfect for a hot summer day!

0
Shares

**Miriam**

July 29, 2013 at 9:52 am

Leslie Hi and so glad you enjoyed this all the same, both ways ! Yes, it's perfect for summer, you are right ! Cheers your way ! 😊

**Alice**

September 15, 2014 at 8:23 am

Hi Miriam, thanks for a wonderful recipe. Did a couple of small subs – brown rice and snow peas and didn't have basil and sultanas, but so tasty. Also first time I've had raw zucchini – delicious!

**Miriam**

September 16, 2014 at 12:55 pm

Hi Alice, so glad you enjoyed this ! Hope you enjoy many more from here. 😊