

# Mixed grain and mushroom salad

- Dairy-free
- Egg-free
- Lactose-free
- Nut-free
- Peanut-free
- Vegan
- Vegetarian

This hearty grain bowl is packed with big flavours and vegan goodness. Marinate your mushies ahead of time and enjoy it for lunch or as a light dinner.

- Serves 6
- Cooktime 5 mins
- Prep time 15 mins

## Ingredients

- 400g cup mushrooms, sliced
- ¼ cup (60ml) olive oil
- ⅓ cup finely chopped flat-leaf parsley
- 2 tbs rice wine vinegar
- 1 garlic clove, crushed
- 2 tbs maple syrup
- 2 tbs soy sauce
- 3 tsp sesame oil
- 3 tsp finely grated ginger
- 250g pkt Coles 7 Ancient Grains microwavable rice
- 100g baby spinach leaves

## Nutritional information

Per Serve: Energy: 1031kJ/247 Cals (12%), Protein: 5g (10%), Fat: 13g (19%), Sat fat: 2g (8%), Carb: 25g (8%), Sugar: 6g (7%), Fibre: 3g (10%), Sodium: 516mg (26%)

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

## **Method**

### **1. Step 1**

Place the mushroom in a large bowl. Add the olive oil, parsley, vinegar and garlic. Toss to combine. Season. Cover and set aside, stirring occasionally, for 2 hours to develop the flavours.

### **2. Step 2**

Combine the maple syrup, soy sauce, sesame oil and ginger in a screw-top jar. Seal and shake well to combine.

### **3. Step 3**

Heat the rice following packet directions. Add to the mushroom mixture in the bowl with the spinach. Toss to combine. Transfer to a serving dish. Drizzle with dressing to serve.