



Email a grocery list  
Email a grocery list  
Email a recipe  
Email a recipe  
Email address  
Email address  
CAPTCHA

This question is for testing whether or not you are a human visitor and to prevent automated spam submissions.

## INGREDIENTS

- 1 pouch (240 g) BEN'S ORIGINAL™ BISTRO EXPRESS™ Jasmine Rice
- 1/2 cup (125 mL) Sliced mushrooms
- 1/2 cup (125 mL) Diced fresh pineapple
- 1/2 cup (125 mL) Fresh cilantro leaves
- 1/2 cup (125 mL) Shredded carrots
- 1/2 cup (50 mL) Sliced green onion
- 1/4 cup (50 mL) Diced red pepper
- 1/4 cup (50 mL) Sliced red cabbage
- 1/4 cup (50 mL) Diced red onion
- 1/4 cup (50 mL) purchased Thai or Asian Dressing

## INSTRUCTION

- 1  
In a bowl add BEN'S ORIGINAL™ BISTRO EXPRESS™ Jasmine Rice, mushrooms, pineapple, cilantro, carrot, green onion, pepper, cabbage and red onion. Toss until well combined.
- 2  
Add dressing and toss until well combined.

## NUTRITION

### DESCRIPTION AMOUNT PER SERVING

- Calories 197
- Carbohydrates (g) 37 g
- Dietary Fiber (g) 3 g
- Protein (g) 4 g
- Total Fat (g) 4 g
- Sodium (mg) 160 mg

## CATEGORIES :

[Vegetable / Vegetarian](#), [less than 20](#), [Ready to Heat Rice](#)

## MORE RECIPES LIKE THIS



### [Indonesian Fried Rice](#)

Cooking time

20 min

Ingredients

10 items

[SEE DETAILS](#)



### [Tasty Thai Chicken & Peanut Butter Rice Bowl](#)

Cooking time

40 min

Ingredients

17 items

[SEE DETAILS](#)



### [Cashew Chicken with Pineapple](#)

Cooking time

15 min

Ingredients

11 items

[SEE DETAILS](#)

---

**Source URL:** <https://ca.bensoriginal.com/recipes/thai-pineapple-jasmine-rice-salad>