

Thai Pineapple Jasmine Rice Salad  
RECIPE

## Thai Pineapple Jasmine Rice Salad



<?xml version="1.0"?>

TIME

10 min

INGREDIENTS

10 items

MAKES

4 servings

Make mealtime a real treat by chopping a few fresh veggies, succulent slices of pineapple and mixing with flavourful jasmine rice. So simple. So delicious.

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<?xml version="1.0"?>

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## 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

### PRODUCTS USED



BEN'S ORIGINAL™ BISTRO EXPRESS™ Jasmine Rice, 240g

[SEE DETAILS](#)

Buy now

## 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](#)

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Cooking time

20 min

Ingredients

10 items

[SEE DETAILS](#)



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

Cooking time

40 min

Ingredients

17 items

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

Cooking time

15 min

Ingredients

11 items

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