Ben's Original™/MC

Thai Pineapple Jasmine Rice Salad



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.

<?xml version="1.0"?>

Share your Recipe
Select options
☐ 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.
Submit

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 / Vegeterian, less than 20, Ready to Heat Rice

MORE RECIPES LIKE THIS



Indonesian Fried Rice

Cooking time

20 min

Ingredients

10 items



Tasty Thai Chicken & Peanut Butter Rice Bowl

Cooking time

40 min

Ingredients

17 items



Cashew Chicken with Pineapple

Cooking time

15 min

Ingredients

11 items

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