

Brown Rice with Legumes and Crispy Vegetables

INGREDIENTS FOR 1 PERSON

- 5 tablespoons of brown rice.
- 60 grams of mixed dried legumes.
- 1 carrot.
- 2 tender celery stalks.
- 1 clove of lemon.
- Parsley to taste.
- 3 teaspoons of oil.
- Salt and pepper to taste.

PREPARATION

- Soaking legumes: 12 hours
- Preparation and cooking of rice and legumes: 50 minutes

PROCEDURE

- Soak the legumes for 12 hours and cook them for about 1 hour.
- Rinse and cook the rice in plenty of water for the time indicated on the package, drain under cold water, and place it in a bowl.
- Add the legumes and diced vegetables to the rice (if preferred, vegetables can be blanched).
- Prepare a vinaigrette in a small bowl with oil, squeezed lemon clove, parsley, a pinch of salt, and pepper, 1 tablespoon of water.
- Mix the vinaigrette with a fork and pour it over the rice, then stir.
- Garnish with some chopped walnuts or almonds.
- Let it rest in the refrigerator for at least one hour.