

**OVERALL time: 60 mins**

## Grilled Veg & Rice Salad - Braai 3 ways

Smoky, colourful, and packed with flavour – this grilled veg and rice salad is a wholesome dish that works beautifully as a light main or a hearty side. The charred vegetables bring depth and sweetness, while fluffy rice ties everything together for a satisfying bite. Seasoned with **Cape Herb & Spice Mediterranean Style Roasts Rub**, the salad is elevated with fragrant herbs and warming spices that capture the taste of the Mediterranean.

Metric

**Number of servings : 8**

### ingredients

#### For the dressing

- 60 ml Red wine vinegar
- 60 ml Olive oil
- 5 ml **Cape Herb and Spice Mediterranean Style Roasts Rub**
- 15 ml Dijon mustard
- 10 ml Maple syrup or Honey

#### For the rice

- 400 g Brown & Wild rice mix
- 3 Mixed bell peppers, sliced in large pieces
- 250 g Tenderstem brocolli
- 250 g Baby marrows, sliced in half
- 1 Large red onion, sliced in rounds
- 250 g Fresh baby tomatoes, quartered
- 100 g Feta cheese crumbled
- 30 ml Coriander, chopped
- 30 ml Mint, chopped

#### For cooking

- Olive oil

For seasoning

- **Cape Herb and Spice Mediterranean Style Roasts Rub**

## **THIS IS WHAT YOU WILL NEED TO DO**

**PREP TIME: 20 mins | COOKING TIME: 40 mins**

Prepare braai in advance until you have a nice medium to low heat coal bed.

For the dressing:

Whisk all the ingredients together in a small bowl.

Taste to adjust seasoning and set aside until serving.

For the salad:

Cook rice according to package instructions.

Once cooked, steam dry and cool on a large baking tray.

Place prepared vegetables on a large baking tray and drizzle with olive oil.

Season well with **Cape Herb & Spice Mediterranean Roasts Rub**.

Transfer to the braai and cook until all the vegetables are lightly charred, cooked through, but retain a nice little bit of bite.

Remove from the braai and chop into bite size pieces.

Combine cooled rice with vegetables, tomatoes, feta and herbs.

Mix well.

Drizzle with a little salad dressing and toss.

Serve right away and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>

Metric

## **ingredients**

**For the dressing**

- 60 ml Red wine vinegar
- 60 ml Olive oil

- 5 ml **Cape Herb and Spice Mediterranean Style Roasts Rub**
- 15 ml Dijon mustard
- 10 ml Maple syrup or Honey

**For the rice**

- 400 g Brown & Wild rice mix
- 3 Mixed bell peppers, sliced in large pieces
- 250 g Tenderstem brocolli
- 250 g Baby marrows, sliced in half
- 1 Large red onion, sliced in rounds
- 250 g Fresh baby tomatoes, quartered
- 100 g Feta cheese crumbled
- 30 ml Coriander, chopped
- 30 ml Mint, chopped

**For cooking**

- Olive oil

**For seasoning**

- **Cape Herb and Spice Mediterranean Style Roasts Rub**

**Number of servings : 8**

## **THIS IS WHAT YOU WILL NEED TO DO**

**PREP TIME: 20 mins | COOKING TIME: 40 mins**

Prepare braai in advance until you have a nice medium to low heat coal bed.

For the dressing:

Whisk all the ingredients together in a small bowl.

Taste to adjust seasoning and set aside until serving.

For the salad:

Cook rice according to package instructions.

Once cooked, steam dry and cool on a large baking tray.

Place prepared vegetables on a large baking tray and drizzle with olive oil.

Season well with **Cape Herb & Spice Mediterranean Roasts Rub**.

Transfer to the braai and cook until all the vegetables are lightly charred, cooked through, but retain a nice little bit of bite.

Remove from the braai and chop into bite size pieces.

Combine cooled rice with vegetables, tomatoes, feta and herbs.

Mix well.

Drizzle with a little salad dressing and toss.

Serve right away and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>