

Red Rice Salad with Peaches and Cucumber

Serves 8

Ingredients

4 cups diced English cucumbers (about 1¼ pounds)
1¼ teaspoons salt, divided
1½ cups water
1 cup Bhutanese red rice, rinsed
⅓ cup fresh lemon juice
3 tablespoons extra-virgin olive oil
1 tablespoon grated fresh ginger
3 cups diced ripe but firm peaches or nectarines (about 1 pound)
¼ cup sunflower seeds, toasted (see Tip)
¼ cup chopped fresh mint
1 teaspoon minced seeded fresh serrano chile, or to taste
3 cups arugula, coarsely chopped



Instructions

1. Peel and dice 4 cups of cucumbers
2. Rinse Bhutanese red rice
3. Grate fresh ginger
4. Peel and dice fresh peaches
5. Toast sesame seeds
6. Chop fresh mint
7. Seed and mince fresh serrano chilies
8. Coarsely chop arugula
9. Toss cucumber in a bowl with ¾ teaspoon of salt and let stand in the water for 1 hour
10. Rinse and drain in sieve, ensuring to press out all of the excess water
11. Combine water, rice and ¼ teaspoon of salt in a large sauce pan
12. Bring to boil over high heat. Reduce heat to maintain a gentle simmer and cover and cook until the rice is tender about 20 minutes
13. Whisk lemon juice, oil, ginger and the remaining ¼ teaspoon of salt in a large bowl until well combined.
14. Add the cucumber, the rice, peaches, sunflower seeds, mint and chili.
15. Mix well and allow to chill down for 30 minutes
16. Add arugula and toss just before serving