



# Susie B's Meatballs & Brown Rice Salad

SERVES: 4

## INGREDIENTS

- 500g Peppercorn Extra Lean Meatballs
- 300g brown rice
- 1 red capsicum
- 1 green capsicum
- 1 lemon, zested and juiced
- 1 red onion, diced
- 2 tsp Dijon mustard
- 3 tbsp olive oil
- ½ mint leaves, finely chopped
- ½ basil leaves, finely chopped

## PREPARATION

1. Heat a tbsp of olive oil in a pan over a medium heat and cook the meatballs for 1-2 minutes each side.
2. For the salad, rinse the rice under running water and bring a pot of salted water to the boil.
3. Add the rice and cook for 15-20 minutes, or until soft.
4. Meanwhile, in a bowl combine the lemon zest, juice, mustard and rest of the olive oil.
5. Once the rice has cooled down add it to the bowl along with the capsicum, red onion, mint and basil.
6. Toss well to combine. Serve the meatballs on top of the salad.