

## Wild rice, spinach and broad bean salad

*This recipe is adapted from 'Everyday & Sunday recipes from Riverford Farm' by Jane Baxter and Guy Watson. It is the perfect salad for late spring and early summer, when spinach and broad beans are in season.*

**Serves: 4 to 6**

125g wild rice  
salt and pepper  
2 onions, thinly sliced  
4 tbsps olive oil  
1kg broad beans (unpodded weight)  
2 tbsps pomegranate molasses, or to taste  
100g baby spinach leaves, washed and spun dry

1. Cook the wild rice in boiling salted water until tender, about 40 mins. Drain and set aside.
2. Gently cook the onions in the olive oil with a pinch of salt until soft and slightly caramelised, 20-30 mins. Drain and reserve the oil.
3. Blanch the broad beans in boiling salted water until just tender, about 3 mins. Drain, refresh in cold water and slip them out of their skins (unless they're really tiny).
4. Mix the pomegranate molasses with the reserved oil to make a dressing.
5. Carefully mix the cooked rice, onions, broad beans and spinach leaves together and dress. Taste and season with salt and pepper and more pomegranate molasses or olive oil if needed. Serve at room temperature.