

Rice Salad

- 150g / 6oz long grain rice
- Pinch salt **OR** 1 vegetable stock cube,
- 1 teaspoon curry powder or tumeric (Optional)
- Choose a selection of vegetables to add (choose 3-5, don't bring all of them!) e.g. ¼ cucumber, red, green or yellow pepper, stick celery, or a few mushrooms, sliced or chopped; a few olives or cherry tomatoes; 4 spring onions or ½ salad onion, chopped; 50g frozen peas, diced carrot, French beans, (cooked and cooled); 50g sweetcorn or sundried tomatoes; a few dried apricots or raisins etc.
- Optional extras: (choose 1 or 2 only) 50-100g diced or grated cheese, cooked chicken, cooked bacon, ham, tuna, prawns, red kidney beans, chick peas, cashew nuts, sunflower seeds or pine nuts etc.

Vinaigrette dressing

- 3 tablespoons olive oil
- 1 tablespoon wine/balsamic vinegar or lemon juice
- Salt and pepper
- Pinch sugar or ½ teaspoon runny honey
- Optional flavourings, you can add – ½ teaspoon grain mustard, grated rind of lemon, 1 tablespoon chopped fresh herbs e.g. parsley, chives or coriander, 1 clove garlic, crushed.

Method

1. Cook rice in a pan of boiling, salted water (or add stock cube/ 1tsp curry powder or tumeric) according to instructions on packet until tender.
2. Whilst rice is cooking, wash or peel, slice or chop chosen raw vegetables
3. Cook frozen peas, sweetcorn or carrot in a small bowl with a little water in the microwave. Drain and rinse in cold water to cool.
4. When rice is cooked, drain in a sieve and rinse in cold water. Put into large bowl.
5. Add prepared vegetables and cheese/meats/fish/beans or nuts if desired.
6. Put all ingredients for dressing into small bowl or screw top jar, whisk or shake well.
7. Pour over salad, and stir carefully. Serve.



Name