

Rice Salad

Ingredients

75g long grain rice
1/4 of red pepper
1/4 of yellow pepper
25g frozen peas
25g frozen sweetcorn
parsley or chives
1/3 tsp salt



Equipment

chopping board and vegetable knife
1 pot and pot stand
cutlery tray
sieve
bowl

Method

1. Collect equipment and then fill kettle with water. Bring to the boil.
2. Collect all ingredients.
3. Put rice into sieve and wash under cold running water.
4. Cook the rice in boiling, salted*, water for about 11 minutes until cooked.
5. Simmer the peas and sweetcorn in a little boiling water for 3-5 minutes. These can be added in to cook with the rice for the last few minutes.
6. Wash then dice the pepper and chop the parsley or chives.
7. When rice is cooked, drain well and place in a bowl.
8. Mix the rice with the vegetables and pepper
Chill until required.

*You can omit salt if desired