

# SUMMER RICE SALAD

*This is a classical Italian summer dish, ideal for a picnic "al fresco". The following ingredients and dressing are just a suggestion, you can actually create your own mix of what you have at home.*

## Ingredients

- 3 cup Basmati Rice
- 1 cup Olive
- 1 cup Spinach
- 1 cup Mixed vegetables (carrots, sweetcorn, radish, peas)
- 1-2 eggs (optional)
- Cappers, Pickles, Beetroots, Onions (optional)
- 1 tbsp Olive Oil
- 1 pinch Salt



## Method

1. Wash the rice and boil it in salted water. When cooked, cool it down by rinsing it under cold water.
2. Boil the eggs for 6 minutes then let it cool. Tip: I easy peel the eggs using a spoon.
3. Chop finely all the vegetables, they should be perfectly mixed with rice grains.
4. Mix everything in a large bowl, dressing with oil and salt.
5. Serve cold.

TIP: This plate will last in the fridge for a couple of days, I often double the doses to have some leftover to serve it the day after.