

RICE SALAD (VE)

A great way to use up left-over rice which has been stored safely in the refrigerator or can be made from fresh.

Serves 2

Per serving: 186 calories, 2.5g fat

Prep time: 10 mins

INGREDIENTS

1 Red Portion Pot® cooked or
55g (1 Blue Portion Pot®) uncooked weight
Basmati rice
boiled in water with a vegetable stock cube

½ red pepper finely chopped

½ yellow pepper finely chopped

½ green pepper finely chopped

100g canned sweetcorn including the juice

8 cherry tomatoes halved

8 black olives halved

Assorted salad leaves chopped

Low-fat vinaigrette dressing

METHOD

1. Mix all the ingredients together in a large bowl and store in a refrigerator. Eat the same day.

