

Rice Salad

To make approx. 32 tastes in the classroom.

Equipment:

Medium saucepan
Colander
Large mixing bowl
Small mixing bowl
Measuring cups
Chopping board
Sharp knife
Whisk
Serving bowls (1 per table)

Ingredients:

5 cups cooked rice
1 ½ cup frozen peas
1 red capsicum, de-seeded and diced
1 long cucumber, seeds removed and diced
10 chopped sundried tomatoes (or half the jar provided)
plus the oil
1 red onion, finely chopped
1 handful fresh parsley, washed and finely chopped
½ bunch fresh basil, finely chopped
½ cup olives, drained and chopped

Dressing

2/3 cup olive oil
1/3 cup white wine vinegar
pinch of salt to taste

What to do:

- Boil the peas, then drain and cool them in some cold water. This will keep them a lovely vibrant green colour. Drain once cold.
- Prepare other ingredients as per the ingredient list above.
- Put all ingredients together in a large mixing bowl.
- Mix the dressing ingredients together using a whisk, until well combined. Check the dressing for acid/oil balance and season with salt to taste.
- Pour the dressing over the salad and toss to combine. If you think more dressing is needed for the quantity of rice, you can mix up some more using the same ratio of acid to oil. Always check for flavour balance before dressing your salad.
- Divide the rice salad equally into serving bowls (1 per table). You will need to provide a serving spoon with each bowl.