

Good mood rice salad

Yields ca. 1700 g



Ingredients

Rice

- ❑ 250 g wholegrain basmati rice
- ❑ 500 ml water
- ❑ 1 tsp. vegetable consommé powder

Vegetables

- ❑ 1 red pepper
- ❑ 1 yellow pepper
- ❑ ½ jar / ca. 90 g pitted black olives
- ❑ ½ bunch spring onions (ca. 3-4 stems)
- ❑ 1 small onion
- ❑ 250 g cherry tomatoes
- ❑ 250 g cooked kidney beans

Dressing

- ❑ 75 ml olive oil
- ❑ 50 ml freshly squeezed lemon juice (ca. 1 ½ medium sized lemon)
- ❑ ½ tbsp. salt
- ❑ ½ tsp. freshly ground black pepper
- ❑ 1 tbsp. vegetable consommé powder
- ❑ 1 tsp. hot paprika powder
- ❑ 1 tsp. dried and ground basil

(or let 125 g dry kidney beans soak in water over night, leave them to drain, cook them with the lid closed at low heat (e.g. level 3 of 9) for 45 minutes, leave them to drain and cool down)

Method

Rice

- ❑ Put rice, water and vegetable consommé powder in a small pot, and bring it to boil at the highest heat with the lid closed.
- ❑ Reduce to low heat (e.g. level 3 of 9), and let it simmer with the lid closed for 15 minutes. Turn off the hotplate, let the rice swell for another 10 minutes, and let it cool down in a large fine-meshed sieve.

Dressing

- ❑ Mix all ingredients in a large salad bowl.

Vegetables

- ❑ Wash the peppers, remove their core, and cut them into small cubes.
- ❑ Drain the olives, and cut them into rings.
- ❑ Wash the spring onions, cut off the root and wilted green, and chop the rest into fine rings.
- ❑ Peel the onion and chop finely.
- ❑ Wash the cherry tomatoes and cut them into slices.
- ❑ Give the vegetables and rice into the bowl and stir well with the dressing.