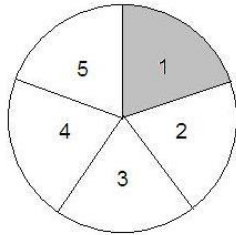


Rice Salad

Serves 4

Portions of fruit & vegetables per serving: 1



Hob needed



Allergen information:

Allergens are in bold.
Contains celery

Ingredients	Amount	Preparation
rice	200g (7oz)	
frozen or canned sweetcorn	75g (3oz)	
onion	1 small	finely chopped
celery	2 sticks	finely chopped
carrot	1 medium	finely chopped
cucumber	$\frac{1}{4}$	finely chopped
black pepper	1 teaspoon	

Please Turn Over



Method

- 1 Cook the rice as directed on the packet. Drain and leave to cool.
- 2 If using frozen sweetcorn, cook it as directed on the packet, drain and leave to cool.
- 3 Put the rice, sweetcorn and chopped vegetables into a large dish and mix.
- 4 Season to taste with the black pepper.

211 calories		Per serving
Fat	LOW	2.0g
Saturates	LOW	0.5g
Sugars	LOW	3.2g
Salts	LOW	0.1g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Makes a great side dish or snack meal.
- Try mixing with 2 tablespoons of "Yoghurt Dip" (see separate recipe).
- Great for a BBQ or buffet dish.

