

Rice Salad

Recipe

75g (3oz) Long grain rice

50g (2oz) sweetcorn

1 small pepper

2 spring onions

50g frozen peas

Saucepan

Chopping board

Sharp knife

sieve

Method

- 1) Collect equipment
- 2) Half fill a saucepan with cold water.
- 3) Put rice into a sieve and rinse under the cold tap for 5 seconds
- 4) Tip the rice into the saucepan.
- 5) Turn on the hob onto full heat and bring to the boil
- 6) Meanwhile, prepare the vegetables by chopping the pepper and onions into small pieces.
- 7) Once the pan has come to the boil reduce the heat and simmer for 15 mins.
- 8) Drain the rice in a sieve, over the sink and rinse with cold water.
- 9) Mix the rice and vegetables together in your container.
- 10) Leave the lid off and allow to cool. Wash up and wipe down surfaces