

Herby Rice Salad

Country of origin: England¹ Soft white rice with herbs and crunch.

Ingredients

150 g **FAIRTRADE** basmati white rice
2 **FAIRTRADE** lemons
60 ml Zaytoun **FAIRTRADE** olive oil
30 ml chives
30 ml parsley
15 ml tarragon
15 ml dill
half large cucumber
100 g frozen peas

To serve

Serve as a side salad in separate bowls with a slice of lemon to squeeze.

Variation

Use a mixture of fresh herbs, if available, rather than dried herbs.

Method

Preparation

Wash the rice and put it on to cook in plenty of water. When soft and tender, drain and allow to cool for a few minutes. Juice one of the lemons.

Chop the chives and leaves of the other herbs.

Cover the frozen peas with hot water and allow to thaw.

Peel the half cucumber and cut into pea sized pieces.

Assembly

Place the rice in a mixing bowl and stir in the lemon juice, the olive oil, and then add the herbs, peas (drained) and cucumber. Season with fresh ground black pepper, and salt, and allow to cool.

Slice the other lemon into squeezing portions.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>