

## Rice Salad

Serves 1

### Ingredients

- 80g Low Protein Rice
- 30g Celery
- 30g Carrots
- 30g Shallots
- 100g Red and green peppers
- 100ml White wine vinegar
- 10g Extra virgin olive oil
- 20 Green olives in brine
- 5g Capers (washed well)
- 5 g lemon juice
- Chopped parsley
- A pinch of salt & pepper



### Method

1. Cook the rice in plenty of water and leave to cool.
2. Cube the celery, carrot, shallots and peppers and cook in water with the white wine vinegar.
3. Drain and cool the vegetables immediately with cold water, then add them to the cooked rice.
4. Flavour with oil, green olives, finely chopped capers, lemon juice, parsley, salt and pepper.

Source: *Vitaflo*