

RICE AND EGG SALAD

INGREDIENTS:

2 Cups of rice	5 cups of water
A little salt	4 eggs hard boiled
1 red onion	3 spring onions
1 med zucchini	12 small tomatoes
3 small capsicum	1 cup of cooked corn kernels
$\frac{1}{2}$ bunch parsley	

METHOD.

Boil the rice in salty water until cooked, drain and set aside.

Boil the eggs and set aside (approx. 10 mins)

Chop all of the vegetable into small dice except for the tomatoes.

Chop the parsley very fine.

Place all of the vegetables into a large bowl and mix together.

Cut the tomatoes into quarters and add to the bowl.

Add the rice and mix through.

Season with salt and pepper and mix again.

Put the rice and veg mix onto a serving platter.

Peel the eggs and chop them into smaller pieces.

Garnish the rice with the eggs.

serve

Note. You can use lots of different vegetables in this dish.

