

MEDITERRANEAN RICE SALAD

Equipment needed –

Measuring cups, small knife, chopping board, large bowl and 3 small serving platters.

Ingredients from the Garden –

- Basil pesto
- ½ cup of fresh basil leaves
- 400 grams of cherry tomatoes
- 120 grams of baby silver beet leaves

Ingredients from the Pantry –

- 3 cups of rice and quinoa
- Olive oil
- 2/3 cup of Kalamata olives
- 2/3 cup of whole red peppers

What to do –

1. Measure out 3 cups of rice. Place in a fine sieve and rinse well with cold water.
2. Put the rice in a saucepan with 6 cups of cold water. Place on the stove. Bring to the boil, reduce the heat then simmer for 30 minutes. Once cooked, spread the rice out over a large platter and place in the refrigerator, uncovered to cool.
3. Cut the olives in half and place in a large bowl.
4. Cut the peppers into smaller pieces and place in a large bowl.
5. Wash and spin the silver beet leaves then roll then finely chop. Add to the bowl with the olives.
6. Once the rice is cooled, place in the large bowl with the olives and peppers. Add the pesto and stir to combine.
7. Cut the tomatoes into half and set aside.
8. Pick the basil leaves and set aside.
9. Divide the rice amongst 3 serving platters. Top with the tomatoes.
10. Drizzle the tomatoes with a little olive oil and scatter with the basil leaves.

Serves –

- 28 students.