

# Mediterranean Rice Salad



*Something for hot summer evenings: a light but filling Mediterranean rice salads.*

*Full of fresh veggies like cucumber, baby spinach, red pepper, olives. Topped with roasted pine nuts.*

*To prepare in advance and enjoy cold. Perfect for picnic and packed lunch.*

## Ingredients

180 g rice  
2 red bell peppers  
250 g baby spinach  
3 tablespoons black olives  
1 salad cucumber  
6 spring onions  
3 garlic cloves  
4 tablespoons sweetcorn  
2 tablespoons pine nuts  
1 ½ lemons (juice)  
herb salt  
black pepper  
3 tablespoons olive oil

## Instructions

- cook the rice and set aside to cool down
- steam the spinach in a big pan with the crushed garlic until tender; add a bit of salt
- dice the red pepper and cucumber
- slice the spring onions
- add the spinach, cucumber, red pepper, spring onions together with the sweetcorn, and olives in a bowl.
- mix thoroughly with olive oil, lemon juice, spice with salt and pepper
- add the rice and mix again
- let marinate for an hour (or as long as you wish, you can cover up the bowl and put it in the fridge for up to 2 days)
- roast the pine nuts and sprinkle over the salad
- enjoy at room temperature or chilled, as you like