

Mediterranean Rice Salad with Vegetables



Prep Time:

10 min

Cook Time:

30 min

Total Time:

40 min

Ingredients

Produce

- 2 tbsp Chives
- 2 tbsp Coriander, leaves
- 3 tbsp Spinach

Baking & spices

- 100 g All purpose flour
- 3/4 tsp Salt
- 1/2 tsp White sugar
- 100 g Whole wheat flour
- 1 tsp Yeast, dried

Oils & vinegars

- 1 1/2 tbsp Sunflower oil

Bread & baked goods

- 1 Some milk to brush the bread
- 3 To sprinkle on the bread, assorted seeds

Dairy

- 10 tbsp Low fat milk

Directions

- Bring water and rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, 18 to 20 minutes. Remove from heat and pour enough cold water on top of the cooked rice to cover it. Stir to cool. Drain well; transfer rice into a bowl. Stir in 1 tablespoon olive oil and season with herb salt.
- Mix capers, parsley, and lemon zest in a small bowl; add to rice. Mix in zucchini, carrots, yellow bell pepper, and red bell pepper. Season with remaining 1 tablespoon olive oil, lemon juice, and salt.