

Rice Salad

| Measurements | Ingredients |
|--------------|---------------------|
| 250 gr | carnaroli rice |
| 200 gr | quartirolo cheese |
| 1 | red pepper |
| 2 | courgettes |
| 1 | eggplant |
| 2 | carrots |
| 20 gr | capers |
| 100 gr | taggiasca olives |
| 1 tbsp | olive oil |
| 7 gr | kosher salt |
| 7 gr | black pepper |
| 20 gr | # fresh mixed herbs |

(#) 1)Herbs: parsley, majoram, thyme.

Boil the rice in salted boiling water for 15-18 minutes, drain and cool it immediately under running cold water.

Pour it into a bowl, season with oil, salt, pepper and herbs.
Keep aside.

Wash the tomatoes and the pepper, then cut both vegetables in half and empty them of the internal seeds.

Cut each half into fillets and each fillet into cubes.

Immediately add these vegetables to the rice and mix.

Wash the courgettes, aubergines and carrots and cut everything into small cubes.

Heat a tablespoon of oil in a large pan and toss all the vegetables separately for 10 minutes

each.

Let it cool first, then add to the rest of the ingredients already prepared.

Complete the vegetarian rice salad with the diced quartirollo, Taggiasca olives and capers. Season with oil, salt and pepper and refrigerate for 1 hour before serving.

Macros

Fat 2.3 gr

Protein 10.8 gr

Carbs 1.9 gr

Fiber 0.7 gr

Sugar 0.3 gr

Kcal

83 per serving



prep time
20 min.



cook time
30 min.



serving
4 servings