

Rice and Herb Salad with Vegetables

It's great to learn to make this type of salad using leftovers, and you can use cooked vegetables of your choice.

- 1/4 red, brown or white onion, diced
 - 2 tsp red wine vinegar
 - 2 tbsp *Cobram Estate Light and Delicate extra virgin olive oil*
 - salt and freshly ground black pepper
 - 1 cup cooked rice, or more if you wish
 - 1 cup diced cooked pumpkin
 - 1 cup cooked peas
 - 1 large tomato, diced
 - 2 tbsp finely sliced coriander leaves
 - 2 tbsp finely sliced parsley leaves
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Peel and dice the onion.

Mix the vinegar, oil and a little salt and pepper in a bowl. Add the onion, rice, pumpkin, peas, tomatoes and herbs. Toss gently and serve.

Enjoy your Meal



Gabriel Gate.