

Rice Salad



When friends get together for a barbecue, a cold salad goes well with good meat. This salad is quick to make, and for sudden guests you get a large quantity of salad for the whole bunch.

It can be prepared a day earlier, but before serving season it with lemon.

INGREDIENTS :

500 g of rice (Uncle Bens)

2 ripe avocados

2 red peppers

lemon (according to your taste)

salt and pepper (according to your taste)

oil (if necessary)

460 g of red beans (canned)

460 g of corn (canned)

PREPARATION :

- 1 . boil the rice according to instructions on the package ...
- 2 . wash the peppers, clean them and cut them into smaller

strips ...

3 . slice the avocado in half, take the pit out, take the avocado flesh out with a spoon and cut it into small cubes

4 . drain the beans and corn and mix all the ingredients with rice and season according to your taste with lemon, salt, pepper and add some oil if needed, so that salad is not dry...

NOTE :

I use Uncle Bens rice in bags, because it does not stick, so each grain remains separate. Be careful not to buy rice which gets sticky during cooking.

Store the salad in the fridge, and if you prepare it a day earlier, season it with lemon on the day you are going to use it.



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