

heute gibt es...

Classical Rice Salad



Ingredients: (4 people)

- 320g Reis (parboiled)
- 200g frozen peas
- 2 medium carrots
- 200g Cocktailtomaten
- 150g hard cheese, e.g. Provolone or Emmental
- 150g sausage (Lyoner type) or cooked ham
- 200g Dosenmais
- 1 can (185g) tuna (in oil)
- 3 hard boiled eggs
- 100g black olives
- olive oil
- Salt

Preparation:

1. In a pot of salted water for the rice to a boil and cook these in it according to package directions. Then distribute the rice in a shallow bowl and only continue to use if it has completely cooled.
2. In parallel, the peas cooked in another pot of lightly salted water. So they should stay beautiful green they plunge into ice water.
3. can be prepared the other ingredients while the rice and peas cook:
Peel carrots and dice, eight pieces tomatoes, cut into slices olives, sausage and cheese into cubes, drain the canned corn.
4. Once all the ingredients are prepared, these - except for the eggs - are mixed in a salad bowl.
5. Since the tuna already contains oil, you should add just a dash of olive oil and season everything with salt.
6. Finally cut the eggs in columns, decorative spread over the salad and serve.



