



Refreshing Rice Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

500 gr parboiled rice
3 zucchini
1 yellow or red pepper
8 asparagus
3 carrot
1 eggplant
1 red onion (or another sweet onion)
10 portobello mushroom
capers
olives
1 slice of old pecorino cheese (better if from Tuscany)
1 slice of young pecorino cheese
1 mozzarella
1 slice of chicken breast or 400 gr of canned tuna
salt
pepper
olive oil extravergine
basil
mayonnaise

Instructions

This is a summer special! It is a little bit of work to do it but you can do allot and use it for a few days.

Cut all the vegetables in slices and grill them. Once grilled let them cool off and cut in

smaller pieces.

Grill the chicken if you want to use it and then cut it in small pieces.

Cook the rice in salt water and keep it al dente. Cool it off with some cold water and then once drained put some olive oil extravergine so it does not stick together.

Cut the cheeses in small dices and add it to the rice. Add the vegetables, olives, capers, chicken or tuna (or none if you are veggie).

At the end add also the basil chopped.

Mix all and correct with salt and pepper.

Leave for a few hours in the fridge and then serve. If your guests like it they can add some mayonnaise to their plates.

I gave a list of vegetables you can use but you can put every vegetable that can be grilled exception is made just for tomatoes that are too juicy and have the risk of fermentation.