

Royal rice



Ingredients

150g cold cooked rice
1/2 green pepper, deseeded
1/2 orange pepper, deseeded
4 x dried apricots
100g canned red kidney beans, drained
1 x 15ml spoon fresh coriander
1 x 15ml spoon low fat dressing

Equipment

Mixing bowl, chopping board, kitchen scissors, measuring spoon, mixing spoon.

Method

1. Place the rice into the mixing bowl.
2. Cut the peppers and apricots into small pieces, using the kitchen scissors.
3. Add these to the mixing bowl.
4. Mix in the beans.
5. Snip the coriander and sprinkle into the bowl.
6. Pour over the dressing and mix the ingredients.
7. Mix everything together.

Handy hints

- Add different fruit and vegetables such as raisins, grated carrot, tomatoes or cucumber.
- Use cooked pasta or potatoes rather than rice.

Serves 4