

Edible Gems™

PURE DELICIOUSNESS

Pea and Rice Salad

Ingredients

2 cups of cooked rice
(cook the rice the day before using)
250 gram pack Edible Gems Fresh Peas
1 small red capsicum, chopped small
1 small green capsicum, chopped small
1 small purple onion, chopped small
1 grated carrot
1 corn cob, kernels removed
Salt and Pepper to taste
½ cup of olive oil
½ cup of white vinegar
½ cup of chopped parsley

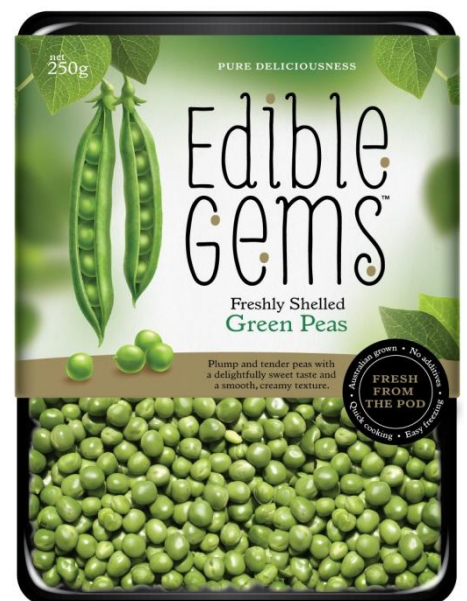


Instructions

Combine all ingredients in a large serving bowl, mix thoroughly and serve immediately.

Keeps well in the fridge for up to a week.
Great for BBQs, picnics, lunchboxes and makes a healthy filling for a pita or wrap.

Serves 4 -6 people



For stockists, visit: www.ediblegems.com.au