

## VENUS RICE'S SALAD

Venus rice's salad is a tasty summer recipe: this particular black rice is in fact an excellent alternative to the classic rice salad, but very tasty. You can season venere rice with fresh vegetables, soft cheese, olives, chickpeas, or with salmon or tuna, but also with pieces of fruit, especially avocado

### INGREDIENTS:

Venere rice	320 gr
Cherry tomatoes	100 gr
Carrots	2
Greek feta	100 gr
Green olives	10/12
Peas	100 gr
Extra virgin oil of olive	4-5 tablespoons
Lemon juice	1/2
Sea salt	q.b.
Black pepper	q.b.
Basil	1-2 leaves

### HOW TO PREPARE IT:

Boil the rice in plenty of boiling salted water: follow the cooking time indicated on the package, but it will take about 40 minutes.

Now prepare all the ingredients to add: wash the carrots, peel them and cut them into julienne strips or grated. (1)

Cut the tomatoes into two parts (2) and then into small pieces, removing the seeds.

Blanch the peas for 5 minutes in boiling water (3), drain and pass them under cold water to stop cooking.



1



2



3

Peel the green olives (4) and cut the feta (5) into small pieces.

Now prepare a citronette to dress the rice salad: put the lemon juice, salt, pepper and oil in a bowl, stirring quickly with a fork. When the rice is ready, drain it and pass it under cold water to stop cooking.

Then put it in a large bowl, add all the ingredients and mix well (6).

Before serving, add the citronette and the chopped basil leaves.



4



5



6