

Cold Rice Salad

Jacob · 30/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

2 hrs

Description

Either you like it or hate it but at least try it Serve with fruit and rolls

Ingredients

- - 2 cups water - 1 cup uncooked white rice - 3 eggs - 1 tablespoon olive oil - 2 boneless skinless chicken breasts
- bite-size pieces - 3 tablespoons olive oil - 1 teaspoon vinegar - 1 teaspoon salt - $\frac{1}{4}$ teaspoon pepper - 1 cup tomatoes
- diced - 1 bunch raw broccoli
- with stalk
- chopped - 1 cup frozen peas
- thawed - 1 cup frozen corn kernels
- thawed

Instructions

1. Bring water to a boil in a medium saucepan. Add rice and stir. Reduce heat
2. cover and simmer for 20 minutes. Remove from heat
3. and set aside to cool. Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Cool
4. peel
5. and slice. Heat 1 tablespoon of oil in a skillet over medium-high heat. Cook chicken
6. stirring occasionally
7. until no longer pink and juices run clear. Whisk remaining oil
8. vinegar
9. salt
10. and pepper together in a small bowl until lightly emulsified; set aside. Place tomatoes
11. broccoli
12. peas
13. and corn together in a large mixing bowl; toss to combine. Add chicken
14. eggs and rice
15. and toss again. Cover
16. and refrigerate for at least 1 hour before serving. Toss with dressing to coat just before serving.