



Greek Rice Salad

Jacob · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr 15 mins

Description

Delicious Greek rice salad The avocado makes the dressing a little creamy though feel free to leave it out if you wish Best made the same day you are going to serve it

Ingredients

- - 1 cup uncooked long grain brown rice - 2 ½ cups water - 1 avocado - peeled
- pitted
- and diced - ¼ cup lemon juice - 2 vine-ripened tomatoes
- diced - 1 ½ cups diced English cucumbers - ½ cup crumbled feta cheese - ? cup diced red onion - ¼ cup sliced Kalamata olives - ¼ cup chopped fresh mint - 3 tablespoons olive oil - 1 teaspoon lemon zest - ½ teaspoon minced garlic - ½ teaspoon kosher salt - ½ teaspoon ground black pepper

Instructions

1. Bring brown rice and water to a boil in a saucepan over high heat. Reduce the heat to medium-low
2. cover
3. and simmer until rice is tender and liquid has been absorbed
4. 45 to 50 minutes. Remove from heat and allow to cool
5. fluffing occasionally with a fork. Toss avocado and lemon juice together in a large bowl. Add tomatoes
6. cucumber
7. feta
8. onion
9. olives
10. mint
11. olive oil
12. lemon zest
13. garlic
14. salt
15. and pepper to the bowl; lightly toss the mixture until evenly combined. Fold cooled rice gently into the mixture. Serve immediately or chill up to 1 hour; the salad does not last well for more than a day as the tomato and cucumber begin to release their juices and the salad becomes watery.