

RICE SALAD WITH ÈMAREMIX AND FRESH VEGETABLES



Chef: Leonardo Pellacani

Gluten Free

Method

Serve 1

In a bowl rehydrate the rice with equal volumes of liquids (in this case to flavour better we will use the water combined with the liquid from the Èmaremix). Leave to rehydrate for 45 minutes, stirring occasionally. Once rehydrated, add the other ingredients: zucchini, celery, carrots, corn and the Èmaremix, season with salt, pepper, lemon juice, extra virgin olive oil and chopped parsley, mix well and serve.

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Menù Ingredients

20 g Mais dolce in grani - Whole Kernel Sweet Corn - U40
70 g Riso precotto disidratato - Dehydrated precooked rice - RVOK
80 g. (+50 ml of liquid) Èmaremix - MZ1
q.s. Olio extravergine di oliva - Extra Virgin Olive Oil - EKC
q.s. Succo di limone - Lemon Juice - A11

Ingredients

q.s. Basil
q.s. Lemon
q.s. Chopped parsley
q.s. Salt and pepper
20 g Zucchini, diced
20 g Celery, diced
20 g Carrot, diced
100 ml Water