



White Rice Tuna Tabouli

1 x family size packet
SunRice Long Grain White Rice
in 2½ minutes
2 x 185g tin tuna in oil
2 small bunches parsley, chopped
2 small bunches mint, chopped
1 yellow capsicum diced
Juice & zest of 1 lemon

Microwave rice for 2½ minutes as per packet instructions

Combine rice with tuna, parsley, mint, capsicum and lemon juice

Spoon into serving dishes and sprinkle with lemon zest

Options This dish can be served warm or cold. Tinned salmon can be used in place of tuna. Tomatoes can be used instead of capsicum. Vegetarians can use a tin of drained cannellini beans and add 2 tbsp olive oil

Serves 4
Prepared and cooked
in 10 minutes



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Long Grain White Rice

SunRice Long Grain White Rice in 2½ minutes is the most popular all purpose rice and the perfect partner to any meal.

