



White Rice Tuna Tabouli

1 x 250g packet SunRice Long
Grain White Rice in 90 Seconds

185g tin tuna in oil

1 small bunch parsley, chopped

1 small bunch mint, chopped

1/2 yellow capsicum diced

Juice & zest of 1 lemon

Microwave rice for 90 seconds 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 2

Prepared and cooked
in 10 minutes



The Rice Food Experts

www.10minutemeals.com.au

Long Grain White Rice

SunRice Long Grain White Rice in 90 seconds is the most popular all purpose rice and the perfect partner to any meal.

