



Rice pasta salad

Ingredients (serves 1)

30 g rice pasta
75 g carrot
75 g courgette
75 g onion
3 prawn tails
1 boiled egg white
Fresh chives
Fresh ginger
Apple cider vinegar
Extra virgin olive oil

Method

1. Peel and dice all vegetables. Peel prawn tails
2. Mince chives and grate a small piece of ginger. Lightly drizzle with olive oil and add a few drops of apple cider vinegar. Set aside.
3. Boil the vegetables with a piece of ginger until well done. Drain vegetables from water. Discard ginger.
4. In the same pot and water, boil the prawn tails for 2 minutes and drain. Dice prawn tails and egg white.
5. Fill a large pot with water and bring to a boil. Cook pasta according to directions on package.
6. Mix pasta with the rest of the ingredients and dress with ginger oil.