



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

Leftover rice dish

Ingredients:

Leftover rice
1 ½ cup green beans
1 onion chopped
1 tablespoon olive oil
1 cup yoghurt
Dates (optional)

Preparation:

Soak green beans for 2 hours then cook in boiling water for 30 minutes or until well cooked.

Meanwhile add olive oil to a pan, cook the chopped onion and set aside.

Add the leftover rice and the onion to the cooked green beans mixing them together.

Cook for another 10 minutes on low heat.

Serve onto plates .

Spoon some yoghurt and dates on the side.

Recipe shared by Arabic workshop participants, MTC Liverpool



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