



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

Leftover rice with beef salad

Warm up leftover rice in the microwave oven.

Add 1 tablespoon sesame seed oil, 1 tablespoon apple vinegar (or more if you like), a pinch of fine sea salt and pepper.

Chop parsley, basil, spring onions, small cubes of cucumber or any other fresh vegetables you have available.

Thinly slice the beef into 5-10mm slices.

Pan fry the beef on both sides adding some chilli.

Mix into the rice salad.

Add lemon or lime juice to taste.



Recipe shared by Grace, Love Food Hate Waste workshop facilitator

