

Green Rice Salad

150 g basmati rice
1 tbs lemon juice
4 tbs extra virgin olive oil
2 tbs each of [chives](#), [parsley](#) and [tarragon](#)
75 g cooked french beans (cut into 2cm lengths)
half a green pepper (seeded and diced)
seasoning to taste.

Cook the rice in plenty of boiling water until tender, drain and leave to cool for 10 minutes. Stir in the oil and lemon juice and then the herbs and vegetables and season to taste.

Serve cold, but not chilled, garnished with nasturtium flowers or pot marigold petals.