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QUICK SEAFOOD RICE SALAD  
RECIPE

## QUICK SEAFOOD RICE SALAD



**COOK TIME**            30 mins  
**PREP TIME**            15 mins  
**SERVES**                6 x

QUICK SEAFOOD RICE SALAD

### INGREDIENTS

- 4 cups marinara seafood mix 1/2-cup (125 ml, 4fl oz.)
- 1/2-cup (125 ml, 4fl oz.) olive oil
- 2 Tbsp MasterFoods™ Garlic and Herb Salt
- 2 sachets Ben's Original Garlic Rice
- 2 Tbsp lemon rind
- 1 cup baby tomatoes
- 2 Tbsp Chives
- 2 Tbsp capers
- 1 cup rocket leaves

### METHOD

1. Pan fry the marinara seafood mix with the olive oil, and MasterFoods™ Garlic and Herb Salt until the seafood is cooked.
2. Cool the seafood.
3. Prepare Ben's Original Garlic Rice to instructions.
4. Mix the seafood and rice and add the grated lemon rind, chopped baby tomatoes, Chives, capers, and rocket leaves.
5. Serve as a great summer lunch or dinner with a crispy salad and extra lemon wedges.  
This is a great dish with leftover seafood from Christmas with chopped boiled eggs.

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