

Rice canapés (gluten free)

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If you need a quick and easy idea for entertaining that will also please the kids, try these rice rounds to serve as canapés.

There are so many possible toppings for these – you're only limited by your imagination!

Ingredients (Makes 24–26 rounds)

- 1 cup sushi (short grain) [rice](#)
- 1 [egg](#), lightly beaten
- ½ cup [Greek yoghurt](#)
- Pinch of salt

Method

Preheat oven to 180°C (conventional oven) or 160°C (fan-forced oven). Grease and line a 20 x 30 centimetre slice tray.

Put rice in a large saucepan with two cups cold water. Bring to the boil over high heat. Reduce heat to medium and simmer for 15 minutes or until liquid is absorbed. Remove from heat and allow to cool a little.

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Transfer rice to a large bowl. Add egg, yoghurt and salt. Stir to combine.

Spoon rice mixture into slice tray. Spread out the mixture and use the back of a spoon to firmly press down until rice evenly covers the tray.

Cover tray firmly with aluminium foil.

Bake for 15 minutes. Remove foil and bake for a further five minutes.

Allow to cool completely.

Once cool, use a round 48mm scone or cookie cutter to cut the rice slab into rounds.

Serve immediately with toppings of your choice, for example: hummus, cucumber and cherry tomato OR basil pesto, red capsicum and parmesan cheese OR beetroot dip, cucumber and grated carrot OR avocado, cooked chicken breast and spring onion

Tip: For a 'grown-up' canapé, stir one or two teaspoons of curry paste through the rice mixture before cooking. Top with perfectly pink slices of lamb (at room temperature), a dollop of yoghurt and some mint leaves.

Recipe and images by [Kate Crocker](#).

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