```
RewriteEngine on

# if request was not https, redirect to https, if env var is present
RewriteCond %{HTTP:X-Forwarded-Proto} ^http$
RewriteRule (.*) https://%{HTTP_HOST}%{REQUEST_URI} [R=301,L]

# If a directory or a file exists, use the request directly
RewriteCond %{REQUEST_FILENAME} !-f
RewriteCond %{REQUEST_FILENAME} !-d

# Otherwise forward the request to index.php
RewriteRule . index.php
```