

WHOLEGRAIN RICE & BLACKBEANS

INGREDIENTS

- 1 cup black beans
- 3 cups water
- 1 medium onion
- 3 garlic cloves (minced)
- 1 ½ tbsp thyme
- 2 tsp salt
- ¾ cup coconut milk
- 2 cups wholegrain rice

DIRECTIONS

1. Place the water, coconut milk, black beans, salt, garlic, thyme, onion and salt. Bring to a boil and simmer for 10 minutes.
2. Wash the rice and add to the above mixture, ensuring that the liquid is approx. 1-2 centimetres above the rice.
3. Cover the pan with a layer of greaseproof paper, a layer of foil and place the lid firmly on the pan. Press the foil and greaseproof paper against the side of the pan to ensure that no steam escapes.
4. Cook on a low heat for 20-25 minutes until rice is soft and fluffy and all the liquid is absorbed.