



Rice & Beans

Ingredients:

- 400g can kidney beans , rinsed and drained
- 400ml can low-fat coconut milk
- 200g long grain rice

(You could add herbs, spices or spring onions to enhance the flavour!)

Method:

1. Put the beans, coconut milk, chosen herbs/spices and 100ml water in a pan, and bring to a simmer. Season with plenty of salt and black pepper.

2. Rinse the rice a few times in a sieve until the water runs clear. Tip into the pan and simmer for 10 mins over a medium heat, stirring occasionally, before lowering the heat.

3. Put the lid on and cook for another 5 mins until the grains are tender and the liquid has been absorbed. Fluff up the rice with a fork before serving.