

Coconut and Bean Rice

✓ Hob only



Equipment:

- Can opener
- Wooden spoon
- Bowl
- Saucepan

Ingredients for 2 portions:

- ½ tin of coconut milk
- 1 mug of basmati rice
- 2 mugs water
- ½ tin of kidney beans, drained
- Optional spices/herbs:
e.g. dried herbs, garlic powder, chilli

Steps:

1. Add rice and water to saucepan, bring to boil and let simmer for 10-12 minutes (or follow instructions on packet)
2. Add coconut milk, kidney beans and any spices/herbs and mix in.
3. Simmer for 2-3 minutes, until heated through.
4. Spoon into bowl and enjoy!

- ✓ Halal
- ✓ Gluten-free
- ✓ Dairy-free
- ✓ Vegan

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Equipment:

- Can opener
- Wooden spoon
- Bowl
- Saucepan

Ingredients for 4-6 portions:

- 1 tin of coconut milk
- 2 mugs of basmati rice
- 4 mugs water
- 1 tin of kidney beans, drained
- Optional spices/herbs:
e.g. dried herbs, garlic powder, chilli

Steps:

1. Add rice and water to saucepan, bring to boil and let simmer for 10-12 minutes (or follow instructions on packet)
2. Add coconut milk, kidney beans and any spices/herbs and mix in.
3. Simmer for 2-3 minutes, until heated through.
4. Spoon into bowl and enjoy!

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