



Rice & Beans

Servings: 4

Prep Time: 2min

Cook Time: 12min

Ingredients

- 2 spring onions
- 1 cinnamon stick
- 250g long-grain rice
- 600ml organic chicken stock
- 1 x 400g carton of black beans

Directions

1. Put a large wide saucepan with a lid on a medium heat. Trim and finely slice the spring onions and put in the saucepan with the cinnamon stick, a good lug of olive oil and a big pinch of salt & pepper. Stir and let soften for a minute or so, then add the rice and chicken stock. Drain and rinse the beans, then add to the pan. Stir gently. Bring to the boil, then reduce to a medium heat. Pop the lid on and leave for 12 minutes.
2. Take the lid off the rice after 12min and give it a stir. All the liquid should have been absorbed. Taste and correct the seasoning if need be, then tak to the table