

RICE AND BEANS (makes 6 portions)

1 large **onion**

2 tsp **turmeric**

1 tsp **thyme**

2 tsp **smoked paprika**

3 tsp ground **coriander**

2 tsp ground **cumin**

1 tsp ground **all spice**

¼ tsp **cayenne pepper**

1 tbsp **tamari**

5 to 6 **garlic** cloves

1 **chilli**

1 inch **ginger**

3 **spring onions**

1 tbsp **tomato puree**

1 large **carrot**

2 medium **potatoes**

2 medium **sweet potatoes**

handful of **green beans**

500 g **mushrooms**

160 g **curly kale**

1 tin **tomatoes**

1 tin **red kidney beans** (drained & rinsed)

1 tin **black beans** (drained & rinsed)

1 cup **peas**

2 cups **basmati rice** (soaked for 2 hrs then washed & drained)

water

500 ml **coconut milk** (made with 1.5 cups **dessicated coconut** and 2 cups hot water, soaked for 2 hrs then liquidised)

freshly ground **black pepper**

Fry the **onion** on medium heat until softened.

Reduce the heat and add the **spices**, stir for a few seconds then add the grated items. Add water to prevent burning, and continue this throughout the recipe.

Stir in the **potatoes, carrot, sweet potato** and **green beans** and cook for 2-3 mins.

Add the **mushrooms**, same again.

Add the **curly kale**, same again.

Add the beans, followed by the **basmati rice** and **coconut milk**. Make sure there is enough liquid to cover everything and bring to a boil. Cover and reduce heat, cook for 15 minutes (or until the rice is cooked, but not mushy).

Turn off the heat and let it rest (still covered) for 4 to 5 minutes.

Add **pepper** and serve garnished with **chives**.