

quinoa rice

Ingredients

2 cups of par-boiled basmati rice
2 cups of quinoa
5 cups water
1 can of black beans
2 tbsp rice bran oil
1 tbsp sea salt
1/2 an onion
salt
1 tbsp ras el hanout
1/4 bunch parsley, chopped

Method

- Heat oil in a saucepan then fry the onion until golden brown
- Add the parsley, ras el hanout, beans and salt
- Rinse the rice and quinoa then add to saucepan, stir until well combined
- Pour the water into the saucepan & stir
- Cover, then allow to simmer on a low heat until all the water has been absorbed
- Once rice is tender, turn off the stove & allow it to rest for five minutes before serving