



Rice and Beans with Ginger and Lime Veg

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 cups rice - 1 can (400ml) coconut milk - 1 can (250gm) red kidney beans - 3 medium carrots - 1 yellow pepper - approx 12 sugar snap peas - 6-8 button mushrooms - 1 cinnamon stick - 1 teaspoon allspice - 1/2 teaspoon paprika - 2 large cloves garlic - 1 habanero chilli - 1 lime - 1cm piece of ginger - vegetable oil - toasted sesame oil

Instructions

1. Break the cinnamon stick into 4-5 pieces and cook with the rice. The rice should be slightly undercooked. 2. Add some vegetable and sesame oil to a large pan on a medium heat. Finely slice the mushrooms, finely chop 1 of the garlic cloves and the habanero and add to the pan. Grind some black pepper into the pan. Depending on how hot you like your food, you can de-seed the habanero or not or use more of them or use just a half one. 3. Peel the carrots and cut into 4-5cm chunks. Also cut the pepper into similar sized chunks. Finely chop the ginger and remaining garlic. Put another pan on a high heat with some of both oils. Add the carrots and toss them every minute or two so they caramelize without burning or going too soggy. Add the peppers and the garlic and ginger to the pan and reduce the heat to medium. 4. The mushrooms should be cooked by now. Add 1 teaspoon of allspice powder and the kidney beans to the large pan and mix thoroughly. You can use any type of beans, but I like the colour and flavour of kidney beans with this dish. Add the rice to the large pan and mix again. Then add the coconut milk and mix again. 5. Juice half the lime and cut the other half into wedges for garnish. Add the lime juice and the 1/2 teaspoon of paprika to the carrot and pepper pan. Remove the fibrous seams from the sugar snap peas and mix. Remove the pan from the heat and cover. 6. At this stage, the rice should have soaked up most of the coconut milk as it finished cooking. Serve and Enjoy. I like to squeeze the lime wedge over the rice. Add salt and pepper to taste.