

# SPICED COCONUT BLACK TURTLE BEANS WITH RICE AND RED QUINOA

**NOTE:** Beans must be pre- soaked overnight or for at least 6 hours

**Makes 2-3 servings**

## INGREDIENTS

1/2 cup Black Turtle Beans soaked for at least 6 hours \*  
1 275g can of Light Coconut Milk  
1 cup chopped spinach or silverbeet  
1 tspn each of powdered cumin, coriander, and turmeric (if you have a spice grinder, even better)  
1 cinnamon quill or 1 tsp powdered cinnamon  
3 cloves of garlic, skinned and chopped finely  
1 kaffir lime leaf (if you can get these, their flavour is wonderful)  
Chilli powder or diced fresh chilli (optional and only as much as you enjoy)  
1 Massel stock cube  
Ghee or oil (rice bran oil is good for this dish because of the mild flavour)  
3/4 cup Basmati rice  
1/4 cup red quinoa, well rinsed  
Salt to taste

## METHOD

Soak Black Turtle beans in 3 cups of boiling water and allow to sit overnight or for at least 6 hours. Drain.  
Wash and chop greens  
In a heavy-based saucepan, gently heat the ghee or oil. Add spices and garlic and allow to release their aromas.  
Add drained beans and toss in spices and garlic.  
Add coconut milk and 1 can of water and the kaffir lime leaf and cinnamon quill.  
Do not add the stock cube at this stage because it will toughen the beans.  
Allow to simmer gently, covered, for 1 hour, checking every 15 minutes or so and adding extra water if necessary.  
Add stock cube now and stir through.  
Add greens and allow to simmer for another 1/2 hour.  
Rinse quinoa thoroughly and cook with rice in 1-1/2 cups of water with salt to taste, for 20 minutes, covered.  
Check seasoning in bean dish and add more salt if needed.  
Serve over rice with side salad.