

BLACK BEANS WITH COCONUT RICE AND PLANTAINS

Adapted from herbivoracious.com

INGREDIENTS

For the rice:

2 ¼ cups basmati rice

1 thirteen-ounce can coconut milk

3 cups water

For the beans and plantains:

2 tablespoons coconut oil

2 ripe plantains, peeled and sliced into generous ¼" thick coins

salt

2 cups cooked black beans, heated, seasoned with salt (or if you like, with garlic, onions, etc. as you please)

optional garnishes:

1 ripe avocado, sliced

1 mango, cubed

1 handful cilantro

sea salt

1 lime cut into quarters

METHOD

Bring water to a boil, then stir in coconut milk and rice. Simmer for 30-35 mins or prepare the rice in a rice steamer.

Heat the oil in a large skillet over medium-high heat. When it is shimmering, add the plantains in a single layer. Fry, until brown on one side, about 3 minutes. Flip and cook on the other side until browned and tender, about two more minutes. Sprinkle with salt.

To serve, divide the rice among four bowls and top with the plantains, beans, and any optional garnish.