



Recipe

Riz Bil Foool

Recipe serves - 4 people

Ingredients	Amount
Long grain rice	2 cups
Broad beans (frozen)	750 grams
Coconut oil	2 teaspoon
Onion (finely chopped)	1 onion
Garlic (crushed)	5 cloves
Fresh coriander (stems removed and finely chopped)	2 tablespoons
Pink salt	1.5 teaspoons
Black pepper	1/4 teaspoon
Olive oil	3 tablespoons
Hot water	4 cups
Organic vegetable stock cube (optional)	1 cube

Instructions

1. Wash the rice well and soak it in water for 30 min.
2. In a large pot, sauté the onion for 10 min in the coconut oil then add the crushed garlic, coriander and beans and mix well. Sauté for 5-10 min and then add the drained rice.



NOTES

3. Add 2 cups of hot water, salt, pepper and the stock cube, mix well and cover the pot.
4. Simmer on low heat for 15 min or until the rice is cooked.
5. Turn heat off and drizzle the olive oil on the top. Serve with salad on the side.