Main dishes / Netherlands

brown rice with white beans and beetroot · Netherlands

A complete grain dish with drained cooked white beans, cooked beetroot and a Netherlands-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g brown rice
- ☐ 500 g cooked beetroot
- ☐ 1 g ground nutmeg
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked white beans
- ☐ 15 g mild mustard
- ☐ 10 g chives

Let's make it.

01 Cook the brown rice in plenty of water according to its packet, then drain well.

02 Clean the cooked beetroot and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the cooked beetroot and cook for a few minutes. Add a splash of water, cover and cook for 5 minutes.

04 Rinse and drain the drained cooked white beans, then heat until piping hot throughout.

05 Combine the cooked grain, vegetables and main ingredient. Stir in the mild mustard, ground nutmeg, chives and taste before serving.

AI-developed, not kitchen-tested.

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