

Black Bean Balls And Coconut Milk Rice - A Delicious Lunch

Ingredients:

(makes about 50-55 balls and 4 servings of rice)

For black bean balls:

2 packs (net 460 gr.) black beans, drained and washed well
2.5 dl (or 1 cup) couscous
1 large onion, diced
a large handful of fresh basil leaves
6 garlic cloves, mashed
2 tsp dried oregano
1 tsp red pepper flakes (you can use more if you like)
1 tsp salt
3 tbsp tomato paste
2 tbsp soy sauce
2.5 dl (or 1 cup) grated parmesan

For coconut milk rice:

2 tbsp olive oil
1 tsp ground cardamom
1 tsp brown mustard seeds
3 whole cloves
1 star anise
1 medium red onion, diced
2 green chilli peppers, diced
5 dl (or 2 cups) long-grain rice, soaked in hot water for at least 2 hours, then drained
1/2 tsp freshly ground black pepper
1 tsp salt, plus more to taste
2 bay leaves
2.5 dl (or 1 cup) coconut milk
2.5 dl (or 1 cup) water at room temperature

Instructions:

1. Preheat the oven to 175C. Put baking paper on an oven tray.
2. Spread washed and drained black beans on the baking paper in one layer. Put in the oven for 15 minutes, and they will get dry and start to crack. Take them out of the oven and set them aside. In the meantime, increase the oven heat to 200C and prepare another baking paper on the oven tray.
3. In a large bowl, put couscous and 2.5 dl (or 1 cup) hot water (doesn't need to be boiling, hottest possible from the tap is fine). Let it sit for 5 minutes, then mix a little with a fork to give some air.
4. In a food processor, put black beans, onion, basil, garlic, oregano, red pepper flakes, salt, tomato paste and soy sauce. Process until you have a paste. You don't have to make it very smooth; if some of the beans stay bigger, they will give a better texture.

5. Add the mixture to couscous, add parmesan and knead it all using your hand until you have an evenly mixed mass.

6. Take a little from the mixture and make balls, with a little smaller size than walnuts and put them on the baking paper. Bake for 22-25 minutes, or until they get browned but not burned. Let the balls cool down a little, and then they will be ready to eat. I usually add one more step before eating the balls, which makes them crispier and more delicious. It is the same step as step 10 in this recipe: <https://mydearkitcheninhelsinki.com/2020/06/27/cauliflower-and-couscous-balls-in-vegetable-balls-we-trust/> I highly recommend!

7. Now, let's make the rice. In a large but not too deep pan, put oil on medium-high heat. To that, add cardamom, mustard seeds, cloves, star anise, red onion and green chilli peppers. Saute this mixture until the onion becomes translucent.

8. Add drained rice, black pepper, salt and bay leaves and mix.

9. Add coconut milk and water, stir a bit, then cover with the lid. Reduce the heat to medium-low and let it cook slowly until all the liquid is absorbed, about 10 minutes max. Check often to make sure that the bottom doesn't burn. When ready, take away from the heat and let it rest for about 5 to 10 minutes. Serve the rice with black bean balls. Enjoy!