

## Zucchini, Corn & Black Bean Rice

**Season:** Summer

**Type:** Main

**Serves:** 32 tastings

**From the garden:** Zucchini & corn

**Class focus:** Mincing garlic, chopping zucchini & cutting corn kernels off the cob



<b>Equipment:</b>	<b>Ingredients:</b>
<p>Large saucepan &amp; lid x 1 Wooden spoon x 1 Small mixing bowl x 1 Chopping boards and knives Grater x 2 Measuring cups Measuring spoons Serving bowl x 5 Serving spoon x 5</p>	<p>2 tablespoons canola oil  1 onion (finely chopped) 2 cloves garlic (minced) 1 zucchini (skin-on, finely chopped) 3 corn cobs (cut the corn kernels off the cob) 1 ¼ teaspoons salt 10 grinds of pepper  2 cups basmati rice (rinse the rice 3 times) 3 cups water (from the tap)  1 can black beans (drained &amp; rinsed) 2 tablespoons parsley (finely chopped)</p>

### What to do:

1. Wash all the vegetables and herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Heat oil in a large saucepan over medium heat, add the next 6 ingredients, cook until onion is softened, about 5 minutes.
4. Add rice and water, stir to mix evenly.
5. Bring it to the boil, put the lid on, turn the heat to low and simmer until rice is cooked, about 15 minutes. Remove from heat.
6. **It is important NOT to stir the rice while cooking. Doing so will cause the rice to stick to the saucepan.**
7. Add the black beans and chopped parsley to the rice. Toss gently.
8. Serve into 5 large serving bowls with a serving spoon in each.