

ASIAN INSPIRED WILD GARLIC, RICE & PINTO BEANS BOWL

I found “tons” of wild garlic in our garden and I can admit, that nothing is going to make me happier today. I didn't hesitate even a second and made a dish, that made me feel light and yet it was sooo tasty. Asian stuff..you know.



Ingredients:

150g cooked pinto beans (or kidney)

100g cooked brown rice
50g wild garlic
1 tbsp [black soy sauce](#)
1 tbsp shoyu soy sauce
1 tbsp olive oil
sesame seeds
salt, pepper and chilli to taste

How to make it:

Simply cut wild garlic in 1cm pieces/strips, put all ingredients in a bowl and mix thoroughly. If you want to have a nice presentation, mix the sauces and oil only to the beans, then add all elements in a bowl. Everyone can mix the bowl individually.

Sprinkle with some sesame seeds and add chilli, if you like.