



Organic brown rice

Did you know brown rice is a great source of magnesium and Vit B6!



PREPARATION TIME: 5 mins | **COOKING TIME: 40 mins** | **SERVING: 4**

Ingredients:

2 x cups brown rice
4 x cups water
1 x good pinch Olson sea salt

Method:

- 1) Put brown rice in a sieve and give it a really good wash.
- 2) Put rice & water into a good size saucepan. Rice will expand.
- 3) Bring the rice to the boil for 10 mins.
- 4) Add salt, lower heat & pop lid on.
- 5) Simmer for another 30 minutes.
- 6) Turn the heat off & serve.

I also use a rice cooker.