



Very Nice Peas & Rice

In the bag:

- Basmati rice
- Spring onions
- Chilli
- Garlic
- Creamed coconut
- Kidney beans*
- Stock cube
- Herb bag

You'll also need:

- Chopping board
- Sharp knife
- Grater
- Sieve
- Medium sized pot with lid
- 400ml water (1 cans worth)

*The 'peas' are not garden peas, but beans, as beans are referred to as 'peas' in the Caribbean

Method:

- Place the **rice** in a bowl, cover with water and leave to soak for 30 minutes
- Wash the **spring onions** and **chilli**
- Peel and finely chop the **garlic** and slice the **spring onions** – use the entire onion (white and green bit). Also, use the entire **chilli** – split down the middle then scoop out and discard the seeds but don't chop any further
- Grate the contents of the **creamed coconut** sachet, or chop up finely
- Drain and rinse the **rice** in a sieve and put in the pot, along with the tin of **kidney beans** (*don't drain and include the liquid*) plus 1 more cans worth of water. Sprinkle in the stock cube.
- Mix all of the ingredients in with the **peas** and **rice** then place on a high heat and bring to a boil before immediately reducing to a simmer. Put the lid on, and leave on for 10 minutes
- Switch off and fluff with a fork before leaving to stand for five minutes

More about your Very Nice Peas & Rice

This dish is the mainstay of the Caribbean islands and the combination of rice and legume (peas/beans) forms a nutritious complete protein meal

Serve with roast squash, sweet potato curry or meat grilled or stewed in 'jerk' seasoning

Caribbeans use scotch bonnet chillies whole and unpierced which gains flavour but not too much heat. They are tucked into the rice whole and carefully removed afterwards so as not to break up and release their fiery seeds

This recipe makes enough for up to four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **piping hot** all the way through

#TakeAndMake

#AtLeastFiveADay

#LoveFoodHateWaste

Want to make it again? You'll need to buy:

- 1 can of kidney beans
- 1 sachet creamed coconut
- 300 basmati rice
- 2 spring onions
- 1 chilli
- 1 Oxo stock cube
- 1 large clove garlic
- ½ tsp. thyme

Make it in the rice cooker?

Just put all the ingredients in the rice cooker and follow the machines instruction

#SpiceNotSalt

#CookOnceEatTwice

#CommunityCooking