

CARIBBEAN STYLE RICE AND PEAS

Serves 4

Per serving: 300 calories, 3.5g fat

Protein 9g

Carbohydrate 52g

Fibre 8g

Prep time: 10 mins

Cook time: 20 mins

INGREDIENTS

200g long-grain white rice, dry weight
1 x 400g tin red kidney beans, drained and rinsed
200ml light coconut milk (around 5–7% fat)
250ml vegetable stock
1 small onion, finely chopped
2 spring onions, finely sliced
2 garlic cloves, crushed
1 tsp fresh thyme leaves, or ½ tsp dried thyme
½ tsp ground allspice
½ tsp paprika
½ tsp mild chilli powder, or 1 Scotch Bonnet chilli, left whole
1 bay leaf
Black pepper
½ tsp salt, or to taste
1 tbsp fresh chopped parsley or coriander
Juice of ½ a lime

METHOD

1. Put the onion, spring onions and garlic into a large non-stick saucepan with a splash of the vegetable stock. Cook gently for 3 - 4 minutes until softened.
2. Add the thyme, allspice, paprika and chilli and cook for another minute.
3. Stir in the rice, kidney beans, coconut milk, remaining stock and bay leaf.
4. Bring to the boil, then reduce to a very low simmer. Cover tightly and cook for about 15 - 18 minutes, or until the rice has absorbed the liquid and is tender.
5. Remove from the heat and leave covered for 5 minutes.
6. Remove the bay leaf and Scotch Bonnet (if using). Fluff the rice with a fork and stir through the lime juice and fresh herbs.

