

WEST INDIES

Rice and Peas

Serves 4.

Cooking time approximately 40 minutes.

Ingredients

1 tin of kidney beans (drained and rinsed)

1 tin of coconut milk

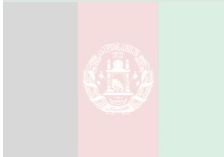
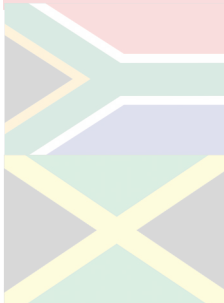
400g long grain rice (washed)

3 spring onions

1 sprig fresh thyme

1 scotch bonnet pepper (and hot chilli will do)

Salt and pepper



Method

- 1 Add the coconut milk, rice, spring onions, thyme, kidney beans and salt and pepper to a saucepan and add enough water to come around 1 inch above the rice.
- 2 Drop in the whole chilli pepper, immediately cover the pot and turn down to its lowest heat. Leave to steam gently for 25 to 30 minutes. **Do not open the lid during this time or you will get sticky rice.**
- 3 Remove the thyme sprig, onions and chilli pepper, fluff through with a fork and serve.

