

## 14b Rice and peas

A favourite Jamaican dish. The “peas” in the recipe title are in fact red kidney beans. This version is adapted from a John Torode recipe on the BBC Good Food website.

Serves 4-6

### *Ingredients*

200g basmati rice

400g can coconut milk (either reduced fat or normal – your choice)

300ml cold water

1 bunch spring onions, sliced

2 large thyme sprigs or 1 teaspoon dried thyme

2 garlic cloves, finely chopped

1 teaspoon ground allspice

1 teaspoon salt

2 x 410g cans kidney beans, drained

1. Tip the rice into a large saucepan with all the ingredients except the kidney beans. Bring to the boil over a high heat, stirring occasionally, then turn down the heat, put a lid on the pan and simmer for 10 minutes.
2. Add the drained beans to the rice then cover with a lid and set aside for 5 minutes until the remaining liquid in the pan is absorbed. If you used thyme sprigs, remove these before serving.
3. This recipe serves 4 generously so you may well end up with some leftover rice. This can be frozen as it reheats well.

### Note 1

If you use ordinary coconut milk, the resulting dish is very creamy. If you prefer it a little plainer, then use half fat coconut milk.

### Note 2

If cooked rice is left in a warm kitchen it can be a source of food poisoning so if you're not eating all of the rice and peas, cool quickly and refrigerate/freeze straightaway to avoid this.