

# CARIBBEAN CHALLENGE



**EAT THEM  
TO DEFEAT THEM**

**FEATURING**



Peas



Peppers



Carrots



Tomatoes

Those crafty vegetables have set up their base in **the Caribbean**.

While the sun beats down on the beautiful beaches they're hiding in the rice and it's time they felt the heat.

Your mission is to help the kids find them, eat them to defeat them and then let out our victory cheer...



**FEEL THE HEAT  
VEGGIES!**





This is the simple Caribbean dish of chicken, or plant-alternative protein such as Quorn Pieces, comprising of Tilda Brown & White Rice and peas, with an option to add red kidney beans and other vegetables. It can be served with a mild jerk chicken in a traditional Jamaican style but any chicken or alternative protein dish will work.

## Method

Yield **12**

Here's our recommended recipe, or you can simply adapt your own recipe – just keep the veg chunky and serve with a reminder to the children to **Eat Them to Defeat Them** and say “**Feel the heat veggies!**”

- 1** Place a suitable pan on the stove to heat and add the oil, diced chicken and onion, continue to cook until the chicken begins to colour. **If using Quorn Pieces add into the pan at point 3.**
- 2** Add the garlic, sweet potato, carrot, and water to the pan and continue to cook until the sweet potato begins to soften.
- 3** Add the vinegar, jerk seasoning, brown sugar, red pepper, tomatoes (**and Quorn Pieces if using**) to the pan, reduce the heat and allow to cook slowly until the sauce begins to thicken.
- 4** Add the vegetable bouillon, tomato puree, lemon juice and black pepper to the pan and continue to cook for 2-3 minutes before adding the sliced spring onion and thoroughly stirring in the thickening granules.
- 5** **Probe and record temperature - must be above 75 °C.**
- 6** For the rice and peas, place a suitable pan on the stove to heat and add the Tilda Brown & White Rice and water to the pan and bring to the boil, continue to cook stirring regularly until the rice is soft and tender and the water is nearly absorbed. At this point add the kidney beans with the juice, coconut milk, peas and vegetable bouillon and continue to cook until core temperature is reached, and the rice is tender, light and fluffy.
- 7** Remove from the heat and serve with the Caribbean Jerk Chicken or Quorn Pieces.

## Serving suggestions

The jerk chicken is optional here, any chicken or alternative protein dish will work. The key is the veg packed rice the children can use to hunt down the veggies.



## Ingredients

### Jerk Chicken or Quorn Pieces

- 30ml oil
- 1 onion, diced
- 700g chicken or Quorn Pieces, diced
- 1 tbsp garlic puree
- 400g sweet potato, peeled, diced
- 1 carrot, diced
- 400ml water
- 1 tbsp vinegar
- 3 tbsp jerk seasoning
- 85g brown sugar
- 1 red pepper, diced
- 800g tomatoes, chopped
- 40g vegetable bouillon
- 35g tomato puree
- 2 tbsp lemon juice
- ½ tsp black pepper
- 4 spring onions, sliced
- 15g thickening granules

### Rice and Peas

- 350g Tilda Brown & White Rice
- 900ml water
- 200g kidney beans with juice
- 150ml coconut milk
- 100g peas
- 30g vegetable bouillon

