

CARIBBEAN RICE & PEAS

This is the simple Caribbean dish of chicken, or plant-based alternative protein, comprising of Tilda Brown & White Rice and peas, with an option to add red kidney beans and other vegetables.

METHOD (MAKES 12)

1. Place a suitable pan on the stove to heat. Add the Tilda Brown & White Rice and water to the pan and bring to the boil
2. Continue to cook stirring regularly until the rice is soft and tender and the water is nearly absorbed
3. At this point, add the kidney beans with their juices, coconut milk, peas and vegetable bouillon and continue to cook until core temperature is reached and the rice is tender, light and fluffy
4. Remove from the heat and serve

INGREDIENTS

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

