

## RICE AND PEAS. ( for 6 - 8 )

### INGREDIENTS:

1 litre hot water or chicken stock  
60g creamed coconut  
Sprig of fresh or 1tsp dried thyme  
1 spring onion  
1 Scotch bonnet pepper  
400g easy-cooks basmati  
or long grain rice  
  
400g tin of red kidney beans or pigeon ( gungo ) peas  
Pinch of salt



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### METHOD:

Heat the liquid in a large saucepan, add the creamed coconut and stir until dissolved.

Add the thyme, spring onion and scotch bonnet and simmer for a few minutes to infuse the flavours.

Add the rice and beans and stir gently, taking care not to burst the scotch bonnet. Boil rapidly for 5 minutes until you can no longer see liquid above the rice.

Stir gently. Top the pan with a close fitting lid and steam for 15 minutes over a very low heat.

Remove the pepper and spring onion and serve.

This dish can be served on its own, or with chicken, lamb or rabbit.