

From the kitchen of Hermie Samuels

Rice and Peas



Serves 4

Prep time: 10 minutes

Total time: 25 minutes

1 tin of red kidney beans	Onions
1cm of coconut cream	1 teaspoon salt
Whole Scotch bonnet or green chilli pepper	white basmati rice
Ginger	(1 cup of rice to 2 cups of water)

- 1 Open a tin of kidney beans and pour contents, including water, into a medium sized pot. Turn the stove on to medium heat.
- 2 Add the rest of ingredients, except the rice, to the pot, and bring to the boil for 10 minutes
- 3 While the kidney beans and other ingredients are heating up, wash/rinse the rice under cold running water. When the rice water runs clear it is ready to be added to the kidney beans.
- 4 Once the pot with the kidney beans and other ingredients have been boiling for 10 minutes, add in the rice and stir, ensuring that the coconut cream has dissolved. Then bring the mixture to the boil, uncovered, for 3 minutes.
- 5 Cover the pot and turn down to low, and leave to cook undisturbed for 15 minutes, after which the rice should be light and fluffy and cooked. Turn off the stove.

