



RICE & PEAS

Accompaniment: This recipe provides a portion of starchy food. It counts towards the food-based standard for lunch to provide a portion of starchy food every day.

Recipe adapted from: CityServe Direct Services, as featured in Children's Food Trust Recipe for Success series.

Ingredients

50ml vegetable oil
300g onions, peeled and finely diced
3.2kg canned kidney beans, in water, (drained 2kg)
400g canned black-eyed peas, in water, (drained 256g)
1.2kg brown rice
4 Litres water
30g fresh thyme
1.2kg white rice
10g (2 tbsp) white pepper

Method

1. Heat the oil and sweat the onions until they soften.
2. Drain and rinse the kidney beans and black-eyed peas.
3. Wash and drain the brown rice.
4. Bring the water to the boil and add the brown rice and thyme. Cover and simmer for 10 minutes to part cook the rice.
5. Wash and drain the white rice and add to the brown rice.
6. Bring back to the boil and simmer for 15 minutes until tender and the rice has absorbed the water.
7. Add the kidney beans and black-eyed peas, pepper and onions to the rice, cover and heat for 5 minutes. Do not over stir.

Serving suggestion: with jerk chicken



Number of portions this recipe makes:

9 primary servings (250g)
6 secondary servings (370g)



Prep: 5 minutes
Cook: 30 minutes



Allergy information:
None



Top Tips

For a Caribbean flavour add desiccated coconut or reduced-fat coconut milk.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose vegetable oil based on unsaturated fat.

