

Modified Caribbean Rice and Peas



Provides 8-9 servings. Preparation time is 60 minutes

Ingredients:

- 1 Tin of kidney beans in water 220g drained weight
- 6 Spring onions
- 150 Basmati rice
- 1 Medium onion, chopped
- Half teaspoon of salt
- 3 Teaspoons reduced fat coconut milk
- 1 clove garlic, chopped
- 2.5 to 3 cups of water
- 4 Sprays of olive oil

Preparation method:

Empty kidney beans into a colander and rinse with tap water. Warm lidded cooking pot at low heat and spray with 4 sprays of olive oil spray. Add onions, garlic, spring onions and fry for 2 minutes or until fragrant. Stir in the rice for 2 minutes, then pour in the kidney beans and reduced fat coconut milk. Add water and stir with wooden ladle for 1 minute. Bring to boil on high 3-4 minutes, pop on the lid and leave to simmer for 20-25 minutes or until the water has been absorbed and rice is fluffy.

Nutritional information per 100g of edible portion:

Energy (kcal / kJ)	71kcal/300kj
Total Fat (g) <i>of which saturated fatty acids (g)</i>	0.5 0.1
Carbohydrates (g) <i>of which sugars (g)</i>	14 1.1
Dietary fibre (g)	1.6
Protein (g)	2.6
Salt (g)	0.21

Each 125g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
89kcal 375kJ	0.5g	0.1g	1.3g	0.26g
4%	1%	1%	1%	4%

of an adult's reference intake