CARIBBEAN · SIDE

Jamaican Rice and Peas

45 min · Serves 6 · 379 kcal a serve · Video 12:11 · caribbeanpot

Vegan · Gluten-free ingredients · No nuts listed

Brown rice and kidney beans together give about 10 g of protein and 7 g of fibre a serve, with a quarter of a day's magnesium and folate. Just ½ cup of coconut milk flavours the whole pot.

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Ingredients 12 · SERVES 6

- [ ] 1½ tbsp **vegetable oil**
- [ ] 1 medium **onion**, chopped
- [ ] 3 **garlic** cloves, chopped
- [ ] 2 **spring onions** (scallions), chopped
- [ ] 3 sprigs **fresh thyme** (stems removed at the end)
- [ ] ¼ tsp **freshly ground black pepper**
- [ ] **ground allspice** (pimento), a light sprinkle (about ¼ tsp)
- [ ] 370 g **long-grain brown rice**, washed until the water runs clear
- [ ] 1 × 540 ml can **red kidney beans**, drained
- [ ] 1 whole **habanero or Scotch bonnet**, left whole for flavour
- [ ] 120 ml **coconut milk**
- [ ] ¾ tbsp **salt** to start, then more to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a deep saucepan over medium heat, add the onion, garlic and spring onions, then turn the heat to low and let them sweat for 3–5 minutes without browning. 3:26
2. Add the thyme sprigs, black pepper and a light sprinkle of allspice and cook a few minutes more to release their flavour. 4:21
3. Meanwhile rinse the brown rice in a bowl of water, rubbing it gently and draining, about four times until the water runs clear. 5:47
4. Stir the rice into the pot, then add the drained kidney beans, the whole habanero, the coconut milk, salt and 590 ml of water. Stir, cover and bring to the boil. 7:25
5. Turn down to a gentle simmer on a small burner and cook, covered, for 20–25 minutes, stirring every 5 minutes or so, until the liquid is absorbed and the rice is tender. 9:29
6. Remove the thyme stems, fluff with a fork and serve. The habanero stays whole for flavour; burst it only if you want real heat. 10:55

> **Tip** Serves 6 as a side (our estimate). The cook starts with ¾ tbsp salt; 1½ tsp is enough with canned beans. Traditionally made with dried beans soaked overnight. Great with curry goat or jerk chicken.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
379 kcal	11 g	64 g	7.1 g	9.8 g	1,010 mg
1,590 kJ	21% of a day	56 g net · 1.8 g sugars	25% of a day	4.5 g saturated	44% of a day
		23% of a day		13% of a day	

Energy from net carbs 63% · protein 12% · fat 25%

High in (20%+ of a day) Omega-3 28% · Magnesium 25% · Folate 24% · Selenium 24% · Vitamin B6 21%

Source of (10–19%) Zinc 19% · Iron 18% · Vitamin K 17% · Potassium 10%

Recipe and video: caribbeanpot (@caribbeanpot) on YouTube — youtube.com/watch?v=SSvztP63Z1Y, published 19 December 2011. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/caribbeanpot-jamaican-rice-and-peas