



Food For Thought Recipe and Allergen Card

Caribbean Rice and Peas

100 Portions

Ingredient	Hannah Product Code	Quantity
Easy Cook Long Grain Rice	D006044	3k
Coconut Milk	SP00047	4 x 400ml tins
Cooked Red Kidney Beans	D001493	3 x 800g Tins
Salt and Pepper	To taste	

RECIPE METHOD – ALLERGENS

1. Wash the raw rice well under cold running water
2. In a large pan add water just under twice the volume of the rice (rice absorbs twice it's weight in water, 1 part rice to 2 parts water)
3. Bring it to the boil add the rice and the coconut milk
4. Reduce the rice to a low simmer and allow to cook until the rice has absorbed nearly all of the liquid stirring occasionally, add the drained, washed, kidney beans 5 minutes before the end
5. Drain the rice and beans into a colander and rinse with a little hot water to remove any excess starchy water
6. Season with salt and pepper
7. Serve immediately

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...