

## **Rice & Gungo peas.**

### **Ingredients**

1 x 400g tin Gungo peas

1 x 400ml tin coconut milk

2-3 scallions chopped roughly

2-3 tsp thyme chopped (dried or fresh)

8-10 whole Jamaican Allspice (Piment berries)

1 scotch bonnet

800g basmati rice, rinse and drain

800ml water

Salt and pepper to taste

### **Method.**

In a suitable saucepan add gungo peas, water, coconut milk, scallions, Jamaican Allspice, scotch bonnet, bring to the boil, add rinsed/drained rice, add salt n pepper to taste. Reduce heat and allow to simmer 25-30 minutes until all liquid is absorbed and rice is fluffy. Stir carefully n remove Scotch bonnet without bursting it.

Serves 4. Preparation time 15 mins + 25-30 minutes cooking.