

Chicken and Vegetable Pelau

Serves: 6

Prep time: 35 minutes + overnight soak and 1 hr marinating

Cook time: 45 minutes



2 serves per portion

Ingredients

2 cups dried black-eyed peas

600g boneless, skinless chicken thighs, halved

4 tablespoons green seasoning*

1 tablespoon garlic, grated

1 tablespoon Worcestershire sauce

1 tablespoon soy sauce, reduced salt

1 tablespoon tomato sauce

Black pepper, to taste

1 small brown onion, roughly chopped

2 tablespoons vegetable oil

3 tablespoons brown sugar

3 sprigs fresh thyme, chopped

2 cups long grain rice, rinsed and drained

1 red capsicum, roughly chopped

1 green capsicum, roughly chopped

1 medium carrot, diced

1 cup pumpkin, peeled and cubed

2 cups coconut milk, reduced fat

2 cups chicken stock, reduced salt

1 whole chilli (habanero or jalapeño) (*optional*)

1 bay leaf

½ cup spring onions, thinly sliced



Discretionary Food

*Notes: Find the recipe for 'Caribbean Green Seasoning' on the Country Kitchens website

Method

SOAK black-eyed peas in a large bowl of water overnight. Drain and set aside.

ADD chicken, 2 tablespoons of green seasoning, garlic, Worcestershire sauce, soy sauce, tomato sauce, black pepper and half the onion to a large bowl. Toss to combine. Cover and marinate in refrigerator for at least one hour.

HEAT oil in a large pot over medium-high heat until hot but not smoking.

SPRINKLE the brown sugar evenly over the oil and allow to melt until it begins to bubble and froth and turn slightly darker. Immediately add marinated chicken and mix to coat. Cook for 5 minutes. Take care with this step.

STIR in pre-soaked black-eyed peas, thyme, and remaining onion and green seasoning. Cook for 5 minutes, stirring occasionally.

ADD rice to pot and mix to combine. Cook for a further few minutes.

STIR in capsicums, carrot and pumpkin.

POUR in coconut milk and chicken stock. Add the whole chilli (*optional*) and bay leaf.

BRING to the boil and then cover pot. Reduce heat to low and simmer for 25 to 30 minutes, or until all liquid is absorbed and rice is cooked.

SPRINKLE with spring onions and serve.

Recipe courtesy of the Country Kitchens 2023 Country of Study Collection - Trinidad & Tobago