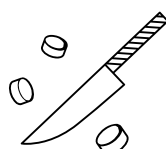


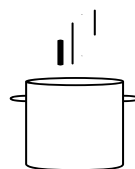


Veggie Jerk Pepper Pot Stew with Rice & Peas

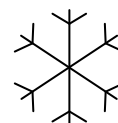
It does not get any better than this veggie feast by Alesha Dixon. Carribean flavours are without a doubt her thing. This is seriously good.



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Ingredients

1 tbsp The Groovy Food Company Virgin Coconut Oil
 1 large red onion, cut into chunks
 2 garlic cloves, crushed
 2.5cm thumb ginger, peeled and finely chopped
 ½ scotch bonnet chilli, finely chopped (optional)
 2 ½ tsp jerk seasoning
 2 tbsp tomato puree
 2 sweet potatoes, peeled and cut into chunks
 1 aubergine, cut into chunks
 2 peppers (1 red and 1 yellow), deseeded and cut into chunks
 250ml vegetable stock
 1 x 400ml can coconut milk
 1 tbsp The Groovy Food Company Coconut Sugar
 small bunch coriander, leaves picked

FOR THE RICE
 250g long grain rice
 4 spring onions, finely sliced
 ½ scotch bonnet chilli (optional)
 4 sprigs thyme
 ½ tsp ground allspice
 250ml vegetable stock

Directions

1. Heat the oil in a large pan and cook the onion for 1-2 min before adding the garlic, ginger and chilli. Cook for 2 mins, then stir in jerk seasoning, tomato puree and remaining veg. 2. Stir well so that everything is coated and cook for 5-10 mins, stirring, until the veg begin to soften. Pour in the stock and coconut milk, the stir through the sugar and seasoning.
3. Bring to boil then cover and simmer for 25-30 mins, until the potatoes are cooked through, stirring now and then.
4. Meanwhile make rice; tip the rice, spring onions, chilli, thyme, allspice, vegetable stock, coconut milk and a pinch of salt into a saucepan and stir.
5. Place over a medium-high heat and bring to the boil. Turn the heat down to a simmer, pop on the lid and cook for 10 mins. Lift the lid and quickly tip in the beans, then recover and cook for 10 mins more. Turn off the heat and leave to steam for 10 mins.
6. Stir the rice and serve with the stew, a scattering of coriander leaves and wedges of lime.

1 x 400ml can coconut milk

1 x 400g can kidney beans, rinsed and drained

Lime wedges, to serve