

KIDNEY BEAN & VEG STEW

THE GREAT
EXHIBITION
ROAD FESTIVAL

Serves 4, Prep & Cook time: 40-50

Ingredients

For the kidney bean & veg stew:

- 2tins kidney beans
- 200ml coconut milk
- 250g yam
- 1 green banana
- 2 potatoes
- 1 onion
- 3 spring onions
- 0.5 bag spinach
- 1 carrot
- 0.5 each green, yellow, and red pepper 0.5
- scotch bonnet chili
- 250g flour
- 2 tbsp corn flour
- 2 tsp mixed herbs
- 1 tbsp paprika
- 1 tbsp all pepper seasoning
- 5 pimento berries or 1 tsp ground pimento
- 2 sprigs thyme
- 1 thumb ginger
- 3 cloves garlic
- 1 veg stock cube

For the baked plantain chips:

- 1 plantain
- 1 tsp agave syrup
- 1 tsp olive oil
- 0.5 tsp cinnamon

For the basmatirice:

- 300g basmatirice
- 1 tsp salt

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Steps

1. Prepare kidney bean and veg stew:

- Prepare all raw ingredients - dice and onion, potato, carrot, peppers, yams and green banana
- Fine dice the garlic, ginger and chilli
- Sauté onion, garlic, ginger and chilli until translucent in veg oil
- Add spices and cook through
- Add remaining veg - kidney beans, yam, potato, carrot and peppers
- Add flour until cooked out
- Add stock, coconut milk and thicken with corn flour
- Cook for 45 minutes until nice and rich with a consistency to coat the back of a spoon
- Season to taste with salt and pepper

2. Prepare bake plantain chips:

- Slice the plantain 2cm thick on the bias
- Mix the olive oil, agave and cinnamon till bound
- Toss the plantain in the oil mix until well coated
- Roast at 200 degrees until crispy

3. Cook rice:

- Season rice with salt and cook