

Caribbean Rice

Ingredients

- 1 pint stock made from a vegetable stock cube
- 8 spring onions, finely chopped
- 2 celery stalks, cut lengthwise and finely chopped
- 1 teaspoon dried mixed herbs
- 300g/10oz Loprofin Rice
- 100g/3oz French beans, each cut into 3 pieces
- 2 medium tomatoes cut into chunks
- 1 x 140g can pineapple pieces, drained

Method

1. Bring the stock to the boil in a medium saucepan over a moderate heat, add the spring onions, celery and herbs, and boil for 2 minutes to flavour the liquid.
2. Add the rice and the French beans to the stock and cook uncovered stirring occasionally for 8 minutes but allowing the rice to retain a moist consistency, adding more water if necessary.
3. Stir the chopped tomatoes and pineapple pieces into the rice.
4. Serve hot or cold, topped with chopped chives or spring onions and a green salad.

This recipe was provided by Nutricia