



Caribbean Chicken with Rice and Peas

Serves 4

For the chicken

- ½ onion
 - ½ tsp ground coriander
 - 1 tsp ground cumin
 - 1 tsp thyme
 - 4 garlic cloves, finely chopped
 - 2 tbsp finely chopped parsley
 - 4 tbsp oil
 - ½ Scotch bonnet chilli, finely chopped
 - 1 tsp ground paprika
 - ½ tsp allspice
 - 2 tbsp soy sauce
 - pinch freshly grated nutmeg
 - 4 chicken thighs, skin on, bone in
 - 200ml chicken stock
 - 4 tbsp honey, to glaze
1. Preheat the oven to 190C/170C Fan/Gas Mark 5
 2. Chop the onion very finely. Put it into a shallow dish large enough to hold all the chicken thighs. Add the coriander, cumin, thyme, garlic, parsley, oil, chilli, paprika, allspice, soy sauce and nutmeg and stir well. Add the chicken to the dish and spread brush the marinade all over the chicken.
 3. Roast the chicken for 25–30 minutes turning at least once. Pour over the honey and turn up the heat to 200C/180C Fan/Gas 6 and cook for a further 10 minutes, or until the chicken is browned and completely cooked through.
 4. Remove the chicken from the oven, carefully pour off the juice into a small pan. Pour in the stock and reduce again until you have a gravy consistency. Keep the chicken warm.

For the rice and peas

- 150–200g/5½–7oz tinned black-eyed beans, drained
- 1 tsp thyme
- 1 onion, peeled, cut in half
- 500g rice
- 400ml coconut milk

Put the all the ingredients in a pain, bring to the boil. Reduce to a low heat and cover and cook until all the liquid has evaporated and the rice is cooked through and fluffy.

For the slaw

Choose 3 or 4 vegetables/salad items that can eaten raw. Things that work well include onion, white cabbage, red cabbage, cucumber, carrot, beetroot, courgette. And you could add tinned sweetcorn if you like too. You're aiming for a colourful combination of things you like or are happy to try

1. Either grate the vegetables/salad or thinly slice them with a potato peeler and put them all together in a bowl
2. Mix a small pot of natural yogurt with the juice of half a lemon or lime (which equals about a tablespoon of bottled juice) and add some herbs if you want to or just a little bit of salt and pepper and mix it well into the vegetables or salad