



Jerk chicken and bean pilaf

Prep: 15 minutes • Cook: 30 minutes • Serves: 2



Ingredients

120g brown rice, rinsed (or a 200-250g pouch of cooked wholegrain rice)
1 tablespoon vegetable oil
2 frozen mini corn on the cobs
1 small red onion, finely sliced
2 medium carrots, diced into small cubes
150g chicken thigh fillets, boneless and skinless, cut into strips
2 teaspoons jerk seasoning (ideally with no added salt)
1 small green chilli, deseeded (optional) and sliced
1 clove garlic, finely chopped
200g tin of red kidney beans, drained and rinsed

To serve

1 lime, cut into wedges (optional)
Small handful coriander, roughly chopped (optional)

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✗
Low salt ✓
Low fat ✓

Cost per portion (January 2023) **£1.63**

Carbohydrate **55g**

Energy in kcals **415**

- 1** Put the rice into a pan with double the amount of water, bring to boil, put a lid on and turn heat down, cook for 12 minutes, checking to add more water if needed. If using a cooked rice pouch, skip this step.
- 2** In a separate saucepan, add the corn on the cobs and cover with water, bring to boil, then reduce to a low heat until cooked, about 5 minutes. Turn off heat and set aside.
- 3** Heat the oil in a pan over a medium heat and fry the onion and carrots for 5 minutes. Add in the chicken and fry for another 6 minutes. Add in the jerk seasoning, chilli and garlic and cook for a further minute. Add the cooked rice into the chicken mix along with the beans. Mix thoroughly and heat through until the beans are warm.
- 4** Drain the corn on the cobs. Serve the dish with the corn on the cob, lime wedges and coriander scattered over the top.