

Chicken and Peas

A great way to use up leftover chicken. A very filling dish, with a lovely zing from the limes.

Ingredients

- 800ml chicken stock (one chicken carcass, any sad looking veg like carrots, onions, leeks, etc, a clove of garlic, 4 -5 peppercorns, 2 bay leaves and 1 lt water. Simmer for about 1 hour and strain)
- leftover chicken, shredded
- 1 red onion, diced
- 1 tsp cumin seeds
- 2 tbsp olive oil
- 3 cloves of garlic, sliced
- 1 red chilli, sliced
- 1 large carrot, cut into 1cm half-moons
- 1/2 tsp smoked paprika
- 250g fresh tomatoes (use a tin of toms, if no fresh ones)
- 1 red pepper, diced
- 330ml bottle of lager
- 400g brown rice
- 200g frozen peas, defrosted
- 40 fresh coriander, chopped
- 2 limes

Method

1. In a large saucepan, fry onion and cumin seeds in the olive oil.
2. After a couple of minutes add the garlic, chilli, carrots and smoked paprika, stir and let sizzle.
3. Add tomatoes and peppers.
4. Turn down heat, put on the lid and let simmer for about 10 minutes.
5. Pour in beer, with the lid off, let the contents come to the boil, add stock, bring to the boil and add rice.
6. Simmer for 20 - 25 min, uncovered.
7. Put lid on when you can see the rice through the liquid, should be about 10 mins from this point.
8. Turn off heat and add peas and chicken.
9. Add chopped coriander and squeeze in 1 lime and season with salt.
10. Cut remaining lime into wedges and serve with the chicken and rice.

Adapted from: [Economy Gastronomy](#) by Allegra McEvedy and Paul Merrett.