



This is a light rice dish. It is wholesome very healthy and very warm if I may say. It has this charm that will make where ever you are feel like home.

Ingredients

- 2 Cups Long Grain Rice
- 1 Large Onion Chopped roughly
- 5 Garlic Cloves
- 3 Medium Tomatoes Chopped
- 1/2 large red bell pepper, finely diced
- 4 Cups Hot water or Vegetable Stock
- 1 Cup Green peas
- Salt as required
- Ground Black Pepper as per your taste
- Finely chopped coriander to taste



Method

Wash Rice and soak it in hot water for 15 minutes. Drain and set aside. Put it to boil and after the rice is cooked just let it stay there as we await the next steps. If you already have cooked rice you can use that.

As that is happening, put your peas in a sufuria and let them boil. Once they are done, drain the hot water and immediately place the boiled peas in a jug or container that has ice cold water. This is important as it will help retain the vibrant green color. This method is called shocking.

Dice onion, pound your garlic cloves and dice the tomatoes. In a separate frying pan, heat 2 tablespoon oil. Add the onion and the garlic and sauté them until they are soft. Add your tomatoes and tomato paste. Pour in a small amount of vegetable stock or water to form a thick soup. Do not make it too watery. Cover with a lid and let this sauté for about 5 minutes.

Add rice the cooked rice and give it a good stir. Bring it boil, once It starts boiling, reduce the heat to lowest setting, add the red bell pepper and close the pan with a lid.

Let the rice cook on low flame for about 5 to 10 minutes. Add your peas and mix them in and after another 2 minutes, your rice is ready to serve.

Add chopped coriander leaves, mix them in and switch off the flame. You are now ready to go!



SERVE WITH: kachumbari, beef stew, coleslaw

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/peas-red-bell-pepper-fried-rice/>