

Around the World for £4 Or Less took us to ?H? for Honduras yesterday evening.

This recipe was supposed to be sufficient for four. Actually you could easily serve six substantial portions. So you might want to reduce the ingredient quantities!

Ingredients:-

4 Chicken thighs
1 Cup of frozen Peas
1 cup of Basmati Rice
2 tbs Oil
2 Carrots, cut into batons
1/3 Leek, cut into chunks
1 tin Chopped Tomatoes
1 large Onion
5 cloves of Garlic, quartered
1 bunch of Parsley, chopped
2 bullet Chillies, sliced
1 tbs Salt
½ tbs Black Pepper
1 tbs Curry powder
1 tbs Chilli powder
1 Bouquet Garni
1 small Red Bell Pepper, sliced
1 Lime cut into wedges

Method:-

(1) Add all the ingredients except the Rice, Bell Pepper and Peas to a large pan with water and bring to the boil.
(2) Simmer for 30 minutes.
(3) Remove the Chicken and allow to cool.
(4) Strain the stock from the other cooked ingredients and set aside.
(5) Cut the cooked Chicken from the bone into rough cubes.
(6) In a frying pan add the Oil and Rice and fry until the rice has taken on a little colour.
(7) Add the stock, frozen Peas and Red Bell Pepper.
(8) Bring to the boil and then simmer and stir until the Rice is cooked and has absorbed most of the Stock.
(9) Add the vegetables and remove the Bouquet Garni.
(10) Simmer until heated through.
(11) Add the Chicken and stir until evenly heated.

Serve garnished with chopped Parsley, sliced Chillies and Lime wedges.