

## JAMAICAN SEASONED RICE w/ Chicken



### Ingredients:

- 3 cups rice
- 2 scallion stalks
- 2 sprig of thyme
- 6 pimento berries (optional)
- 1 scotch bonnet pepper (optional) (used to add flavor. Be sure not to pierce/pop pepper while stirring)
- 1 cup shredded carrot
- 1 cup shredded pumpkin (substitute with squash or eggplant)
- 1 cup shredded spinach
- 1 teaspoon salt
- 1 cup coconut milk
- 2 cup water
- 1 lb. pound chicken breast diced and seasoned
- 2 tablespoons chopped onions
- 2 tablespoons chopped sweet peppers
- 2 tablespoons chopped scallion
- 2 tablespoons Teriyaki sauce
- 4 tablespoons cooking oil

### Method

1. Heat oil in saucepan, add chopped onion, sweet peppers, scallions. Stir and allow to sweat. Add season chicken, teriyaki sauce and mix well allow to cook for 3 minutes.
2. Add coconut milk, water, carrot, pumpkin (if using squash skip this step and add at the end), spinach, salt, scallion stalks, thyme sprigs, pimento and scotch bonnet pepper. Mix well and bring to a boil.
3. Add rice and stir to combine. Ensure coconut mixture is 1 1/2 inch above rice.
4. Lower heat on low flame and allow to steam. (a bit more water may be needed depending on the rice being used). If you are using squash or eggplant add when the rice is almost done.
5. When rice is cooked fluff serve.