

# CARIBBEAN CHALLENGE



**EAT THEM  
TO DEFEAT THEM**

**FEATURING**



Peas



Peppers



Carrots



Tomatoes

Those crafty vegetables have set up their base in **the Caribbean**.

While the sun beats down on the beautiful beaches they're hiding in the rice and it's time they felt the heat.

Your mission is to help the kids find them, eat them to defeat them and then let out our victory cheer...



**FEEL THE HEAT  
VEGGIES!**





This is the simple Caribbean dish of chicken, or plant-based alternative protein, comprising of Tilda Brown & White Rice and peas, with an option to add red kidney beans and other vegetables. It can be served with a mild jerk chicken in a traditional Jamaican style but any chicken or alternative protein dish will work.

## Method

Yield 12

Here's our recommended recipe, or you can simply adapt your own recipe – just keep the veg chunky and serve with a reminder to the children to **Eat Them to Defeat Them** and say “**Feel the heat veggies!**”

- 1 Place a suitable pan on the stove to heat and add the oil, diced chicken and onion, continue to cook until the chicken begins to colour. **If using plant-based alternative add to the pan at point 3.**
- 2 Add the garlic, sweet potato, carrot, and water to the pan and continue to cook until the sweet potato begins to soften.
- 3 Add the vinegar, jerk seasoning, brown sugar, red pepper, tomatoes (**and plant-based alternative if using**) to the pan, reduce the heat and allow to cook slowly until the sauce begins to thicken.
- 4 Add the vegetable bouillon, tomato puree, lemon juice and black pepper to the pan and continue to cook for 2-3 minutes before adding the sliced spring onion and thoroughly stirring in the thickening granules.
- 5 **Probe and record temperature - must be above 75 °C.**
- 6 For the rice and peas, place a suitable pan on the stove to heat and add the Tilda Brown & White Rice and water to the pan and bring to the boil, continue to cook stirring regularly until the rice is soft and tender and the water is nearly absorbed. At this point add the kidney beans with the juice, coconut milk, peas and vegetable bouillon and continue to cook until core temperature is reached, and the rice is tender, light and fluffy.
- 7 Remove from the heat and serve with the Caribbean Jerk Chicken or plant-based alternative pieces.

## Serving suggestions

The jerk chicken is optional here, any chicken or plant-based alternative will work. The key is the veg packed rice the children can use to hunt down the veggies.



## Ingredients

### Jerk Chicken or plant-based alternative

- 30ml oil
- 1 onion, diced
- 700g chicken or plant-based alternative, diced
- 1 tbsp garlic puree
- 400g sweet potato, peeled, diced
- 1 carrot, diced
- 400ml water
- 1 tbsp vinegar
- 3 tbsp jerk seasoning
- 85g brown sugar
- 1 red pepper, diced
- 800g tomatoes, chopped
- 40g vegetable bouillon
- 35g tomato puree
- 2 tbsp lemon juice
- ½ tsp black pepper
- 4 spring onions, sliced
- 15g thickening granules

### Rice and Peas

- 350g Tilda Brown & White Rice
- 900ml water
- 200g kidney beans with juice
- 150ml coconut milk
- 100g peas
- 30g vegetable bouillon





# CHILLI QUEST

**EAT THEM  
TO DEFEAT THEM**

**FEATURING**



The vegetables have been spotted in the deep dark jungles of **Central and South America**.

These fiendish vegetables have disguised themselves inside kids' favourite chilli dishes such as tacos, fajita, and nachos.

Your mission is to help the kids find them, eat them to defeat them and then let out our victory cheer...



**HASTA LA VISTA  
VEGGIES!**



A simple mild chilli with their choice of meat or plant-based alternative, vegetables and pulses or beans can be added. It needs larger vegetable chunks selected from the featured vegetables listed below – this makes for a fun challenge for the children to find the veg – eat them to defeat them.

## Method

Yield **12**

Here's our recommended recipe, or you can simply adapt your own recipe – just keep the veg chunky and serve with a reminder to the children to **Eat Them to Defeat Them** and say “**Hasta la vista veggies!**”

- 1 Place a suitable pan on the stove to heat, add the oil, mince, onion, carrot, squash, and red pepper. Cook until the vegetables begin to soften. **If using plant-based alternative add to the pan at point 2.**
- 2 Add the water, garlic, tomatoes, kidney beans and chilli powder to the pan (**and plant-based alternative if using**), reduce the heat to a simmer and continue to cook for 20 – 25 minutes to allow the chilli to cook out and thicken before finishing with the tomato puree and vegetable bouillon.
- 3 **Probe and record temperature - must be above 75 °C.**
- 4 Whilst the chilli is cooking, place another suitable pan of water on the stove to heat.
- 5 When the water has come up to the boil add the Tilda Brown & White Rice and turmeric powder to the pan. Continue to cook for 15-20 minutes until the rice is just about cooked through. At this stage stir in the chopped cauliflower, red pepper, and peas.
- 6 Continue to cook until the rice softens, and the vegetables are cooked through, remove from the stove, and drain in a colander.
- 7 **To serve:** Evenly portion the Cauliflower Vegetable Rice onto a suitable plate or bowl and add a portion of the cooked chilli.

## Serving suggestions

Our recommended serving is with **Tilda Brown & White Rice**.

Could also be served with **tacos**, **fajitas** or as **chimichangas**.



## Ingredients

### Chilli

- 15ml oil
- 250g beef, chicken, lamb or plant-based alternative
- 1 onion, chopped
- 150g carrots, diced
- 150g butternut squash, diced
- ½ red pepper, diced
- 250ml water
- 2 tbsp garlic powder
- 800g tomatoes, chopped
- 250g kidney beans, drained
- 1 tbsp chilli powder
- 45g tomato puree
- 15g vegetable bouillon

### Cauliflower Vegetable Rice

- 300g Tilda Brown & White Rice
- 1-2 tsp turmeric powder
- 100g cauliflower, chopped
- ½ red pepper, diced
- 100g garden peas





# CURRY CRACKDOWN

EAT THEM  
TO DEFEAT THEM

FEATURING



A wave of vegetables is sweeping across **Southeast Asia**.

Those crafty vegetables think they can fool the kids by hiding in the rice but don't let our mighty veg warriors be fooled!

Your mission is to help the kids find them, eat them to defeat them and then let out our victory cheer...



YOU'RE GOING DOWN  
VEGGIES!





A simple mild Southeast Asian curry such as a mild yellow curry, made with their choice of meat-based or plant-alternative protein, plus, ideally some extra vegetables. The key here is the rainbow vegetable rice with decent size chunky vegetables the kids can easily find made with Tilda Brown & White Rice.

## Method

Yield 12

Here's our recommended recipe, or you can simply adapt your own recipe – just keep the veg chunky and serve with a reminder to the children to **Eat Them to Defeat Them** and say “You're going down veggies!”

- 1 Place a suitable pan on the stove to heat and add the oil, onion, diced chicken, sweet potato, and red pepper, continue to cook until the vegetables soften, and the chicken turns white and separates. **If using plant-based alternative, add to the pan at point 2.**
- 2 Add the curry, ginger and garlic powders to the pan (**and plant-based alternative, if using**) and add the water and chopped tomatoes, reduce the heat to a simmer and allow to cook out for 20-25 minutes before adding the tomato puree, vegetable bouillon and milk.
- 3 Bring the pan back up to the boil and thicken with the loosened cornflour, finally add the chopped coriander, and serve.
- 4 **Probe and record temperature - must be above 75 °C.**
- 5 Whilst the chicken curry is cooking, place another suitable pan of water on the stove to heat.
- 6 When the water has come to the boil add the Tilda Brown & White Rice and turmeric powder, continue to cook for 15-20 minutes until the rice is just about cooked through, stir in the peas, diced pepper, and the chopped cauliflower and broccoli.
- 7 Continue to cook until the rice softens, and the vegetables are cooked through, remove from the stove, and drain in a colander.
- 8 **To serve:** Evenly portion the Rainbow Vegetable Rice onto a suitable plate or bowl and add a portion of the Curry.

## Serving suggestions

This dish is all about the rice, the story for the children is centred around the rice, so you can serve it with any curry.



## Ingredients

### Curry

- 2 tbsp oil
- 1 onion, chopped
- 600g chicken or plant-based alternative, diced or beef strips
- 300g sweet potato, chopped
- 1½ red pepper, chopped
- 2 tbsp curry powder
- ½ tsp ginger powder
- 1 tsp garlic powder
- 200ml water
- 400g tomatoes, chopped
- 15g tomato puree
- 30g vegetable bouillon
- 375g milk or plant-based alternative
- 3 tbsp cornflour (loosened with water)
- 3 tbsp coriander, fresh, chopped

### Rainbow Vegetable Rice

- 300g Tilda Brown & White Rice
- 1-2 tsp turmeric powder
- 60g peas
- ½ red pepper, diced
- 60g cauliflower, chopped
- 60g broccoli, chopped





# Rumble in the Jungle

EAT THEM  
TO DEFEAT THEM

FEATURING



The vegetables have been taking over the jollof from **Africa**.

Those crafty vegetables think they can stay hidden in the rice but the veg warriors are ready for the hunt.

Your mission is to help the kids find them, eat them to defeat them and then let out our victory cheer...



LET'S GET READY  
TO RUMBLE!





A vegetable laden jollof made with Tilda Brown & White Rice served with a proper African stew made with your choice of meat or plant-based alternative protein. We'd love you to make an authentic jollof but this can be any pink rice, just make sure to add plenty of veg.

## Method

Yield **12**

Here's our recommended recipe, or you can simply adapt your own recipe – just keep the veg chunky and serve with a reminder to the children to **Eat Them to Defeat Them** and say **“Let's get ready to rumble!”**

- 1 Place a suitable pan on the stove to heat, add the oil, onions, carrot, continue to cook until the vegetables begin to colour and soften, add the chicken and cook until browned. **If using plant-based alternative, add to the pan at point 2.**
- 2 Add the sweet potatoes, chickpeas and water, bring up to the boil and allow to cook for 2-3 minutes before adding the tomatoes, garlic, cumin, cinnamon, paprika, vegetable bouillon, honey, sultanas, and soy sauce (**and plant-based alternative, if using**), reduce the heat to a simmer.
- 3 Add the sweet chilli sauce and chopped coriander to the pan and continue to cook gently until the sauce begins to thicken.
- 4 **Probe and record temperature - must be above 75 °C.**
- 5 Place a suitable pan fitted with a lid on the stove to heat and add the onion, peppers, and peas, continue to cook until the vegetables soften and begin to colour.
- 6 Stir the Tilda Brown & White Rice into the pan and add the chopped tomatoes, vegetable stock, cayenne pepper, curry powder and tomato puree. Thoroughly mix the ingredients together, reduce heat to a simmer and cover with the fitted lid.
- 7 Allow the rice to cook slowly for about 20 minutes or until the rice is tender and the liquid is absorbed.
- 8 **Probe and record temperature - must be above 75 °C.**
- 9 Remove from the heat and serve.

## Serving suggestions

If serving jollof on its own, not as an accompaniment, chicken or plant-based alternative could be added with additional vegetables to make a hearty meal.



## Ingredients

### Stew

- 10ml oil
- 2 onions, diced
- 1 carrot, diced
- 360g chicken or plant-based alternative
- 300g chickpeas
- 700g sweet potatoes, peeled, diced
- 600ml water
- 1kg tomatoes, chopped
- 2 tsp garlic puree
- 3 tsp cumin
- 2 tsp cinnamon
- 3 tsp paprika
- 60g vegetable bouillon
- 40g honey
- 70g sultanas
- 50ml soy sauce
- 50ml sweet chilli sauce

### Jollof

- 50ml oil
- ½ onion, diced
- 1 each, red & yellow pepper, diced
- 80g peas
- 300g Tilda Brown & White Rice
- 400g tomatoes, chopped
- 1 ltr vegetable stock
- 1 tsp cayenne pepper
- 20g curry powder
- 30g tomato puree



Tilda