Tuna Pea Tomato Rice

Three tomato-rice bowls with tuna and peas · Active 25 min · Total 1 hr 10 min

Skills: Measuring tomato-based rice liquid and adding frozen peas before already-cooked fish

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 small onion, finely chopped (100 g)
- 3/4 cup dry long-grain white rice (150 g), rinsed and drained
- 1 can chopped tomatoes, 14–14 1/2 oz/400–411 g, drained with juice reserved
- Water added to tomato juice to make 1 2/3 cups/400 ml total cooking liquid
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- 2 cups frozen peas (280 g)
- 1/4 cup extra water for the pea stage (60 ml), plus up to 1/4 cup/60 ml more only if rice needs it
- Canned tuna in water, drained (7 oz/200 g)

Set out

Deep skillet with tight lid, about 10 inches/26 cm and at least 3 qt/3 L, Strainer over measuring jug, Broad spoon and fork, Food thermometer

Allergens

fish. Check labels and substitutions.

Make it

1. Drain tomatoes over the jug. Add water to the juice to make 400 ml total cooking liquid. Keep the separate 60 ml pea-stage water ready.

2. Heat oil in the skillet over medium heat. Cook onion for 7–8 minutes. Stir in drained raw rice for 1 minute, then add tomato pieces, measured 400 ml liquid, salt and pepper. Bring to a steady simmer, cover and cook on low for 18–20 minutes or until rice is almost tender.

3. Fold in frozen peas and the separate 60 ml water. Cover and simmer for the peas' full package cooking time, usually 5–7 minutes. Check rice has no hard center; if firm and dry, add further water a tablespoon/15 ml at a time, up to 60 ml, and continue covered for 3–5 minutes.

4. Fold in drained tuna gently. Cover and heat on low for 3–4 minutes until the complete dish reaches 165°F/74°C. Remove from heat, rest covered for 5 minutes, fluff gently and divide into three bowls.

Measure once, keep the extra separate

The initial 400 ml combined liquid is not 400 ml water plus a can of tomato juice. The later 60 ml is a separately stated pea-stage addition.

Ingredient labels

Tuna supplies fish. Check actual fish and tomato labels for added ingredients; flavored tuna with a sauce changes the recipe.

A useful detail

The 70-minute total includes two covered stages and the final rest. A brown-rice substitution needs different liquid and timing, so it is not part of this base method.

Keep it well

Cool rice quickly in shallow portions, ideally within 1 hour, and refrigerate at 40°F/4°C or below. Use within 24 hours of cooking rice and reheat a portion only once to 165°F/74°C throughout. Freeze promptly cooled portions within that safe window for up to 1 month, thaw in the refrigerator and reheat once promptly. Adding other food does not restart the rice storage clock.