Jollof Rice Recipe

Ingredients

- 1 onion, roughly chopped
- 1 clove garlic
- 15 g ginger, peeled
- 5 tablespoons Vegetable Oil
- 1 Bay Leaf
- 500 g passata
- 1 tablespoon Tomato Paste
- 0.25 teaspoon dried red chillies, crushed
- 1 teaspoon Curry Powder
- 0.5 teaspoon Oregano
- 2 green pepper, diced
- 2 carrots, diced
- 300 g long grain rice, rinsed
- 1 Spring Onions
- 1 Maggi All Purpose Seasoning Tablette

Instructions

1. Add the chopped onion, garlic, ginger and 5 tablespoons of oil to a blender and pulse until smooth. Add a little water if it is struggling to blend.

2. Heat a large, non-stick pan over a medium heat, add the onion puree and bay leaf and cook until the water has cooked out and the puree is starting to brown, about 10 minutes

3. Add the passata, tomato paste, dried chilli, curry powder, oregano and Maggi All Purpose Seasoning Tablette. Simmer for 5 minutes.

4. Add the vegetables, rice and 400ml water. Bring to a boil, then reduce the heat to low and cover the pot with foil and a lid. Simmer for another 20-30 minutes, until the rice is cooked through and the liquid is absorbed. Garnish with spring onion.

Nutrition

55 Minutes

4

Carbohydrate

Energy

Fat

Fibre

Protein

of which: saturates

Sodium

of which: sugars