

West African Chicken Rice (Jollof Rice with Chicken)



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(Jollof Rice with Chicken)

4-6 portions

INGREDIENTS

Tomato Sauce

100g Onions
10g Garlic
20ml Oil
1 tsp Mixed Herbs
15g Tomato Paste
600g Chopped
Tomatoes
15g Honey or Sugar

125g Mixed Peppers
100g Onions
10ml Rapeseed Oil
5g Garlic
10g Fresh Ginger
600g Diced Chicken
Thigh
1 tsp Curry Powder
1 tsp Vegetable
Powder or 1 Stock
Cube
1 tsp Mixed Herbs
1.5L Water
420g Basmati Rice

METHOD

Tomato Sauce

Peel and dice the onions.
Peel and finely chop the garlic.
In a pan heat the oil and cook the diced onions and garlic on a medium heat until soft.
Add the mixed herbs and tomato paste and cook gently for a few more minutes.
Add the chopped tomatoes and honey/sugar, then bring to the boil and simmer for 15 minutes.

Chop the peppers and onions into small pieces.
In a large pan add the oil, onions, garlic, ginger and peppers and cook on a medium heat for 2 minutes.
Next, add the chicken and continue to cook the mixture for 5 minutes on a medium to high heat, occasionally stirring to prevent burning.
Remove the pan from the heat and stir in the curry powder, vegetable stock and mixed herbs.
Next, add the tomato sauce and water to the mixture, stir well and return to a low to medium heat.
Remove from the heat after 10 minutes and then stir in the rice.
Return the pan to a low to medium heat with a tight-fitting lid and simmer for another 20 minutes, or until the rice is cooked.
Fluff up the sticky rice mixture with a fork.