

TOLA & SHAKIRA'S JOLLOF RICE

PREP TIME

20 mins

COOK TIME

45 mins

SERVINGS

8 - 10

INGREDIENTS

4 Cups, White Basmati rice
1 Pinch, Dried thyme (to taste)
3 Bay leaf (to taste)
1 Scotch Bonnet chilli (to taste)
1 Pinch, Sea salt
1 Tablespoon, Sunflower or olive oil
1 Tablespoon, Curry powder
1 Tube, Tomato puree
4 Chicken stock cubes
½ Packet of Mixed frozen vegetables (or fresh!)

2 Bell peppers, sliced (any colour)
1 Large onion, sliced
4 Cups, Water

For the tomato sauce

1 Large onion, roughly chopped
8 Large tomatoes
1 Scotch bonnet chilli (to taste)
4 Red bell peppers
Thumb size of ginger (to taste)
2 cloves, Garlic

INSTRUCTIONS

- To make the tomato sauce: put chopped tomatoes, onions, red peppers, garlic, ginger and scotch bonnet into a blender or food processor and blend until smooth
 - Heat the oil in a large saucepan over a medium heat, add the blended tomato sauce and bring to the boil then reduce the heat slightly stirring occasionally as it thickens.
 - Crumble in the stock cubes, add bay leaves and curry powder.
 - Add rice and sea salt and stir to combine Reduce the heat very low (to prevent burning) and simmer for 10 - 12 minutes, adding water as required.
 - Stir frequently to prevent sticking until the rice is cooked through.
 - Turn off the heat, add the frozen vegetables, cover with the lid and steam for 15 minutes without removing the lid.
 - Add sliced onion and peppers to the top of the rice to decorate.
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