

Jollof Style Rice



15
YEARS

VG

Ginger and garlic are immune-boosting and can help to alleviate colds. Red pepper is also full of vitamin A & C! This speedy version of a classic is bound to go down a treat!

Makes: 4 portions • Preparation time: 15 minutes

Ingredients

- 1 red pepper
- 1 onion (grated)
- 1 tbsp oil
- 1 tbsp garlic paste (or 3 cloves)
- 1 tbsp ginger
- 2 tbsp tomato puree
- 150ml [veg stock](#)
- 1/2 tsp chilli paste
- 1 tbsp Caribbean style curry powder
- 1 tsp dried thyme
- 2 bags microwaveable long grain rice

Equipment

- Chopping board
- Sharp knife
- Grater
- Tablespoon
- Small bowl
- Teaspoon
- Large pan
- Serving/mixing spoon
- Measuring jug

Allergy information

Stock cubes (gluten / wheat / celery): Check the ingredients list to find suitable products, try the 'free from' section of a supermarket.

Method

1. Chop the pepper and grate the onion (if you don't have a grater, you can just chop finely).
2. Fry the onion and pepper in 1 tbsp oil.
3. In a small bowl, mix the garlic, ginger, chilli and tomato puree with 2 tbsp water.
4. Once the pepper and onion are soft, add the paste to the pan with the curry powder and dried herbs. Fry for a few minutes and keep stirring.
5. Squidge the rice bags up so the rice is broken up inside and not in blocks. Add the microwave rice with the stock to the pan (you don't actually need to microwave it first).
6. Mix well to ensure all rice is coated.
7. Cover with a lid and heat on high for few minutes. You want to let the rice just start to stick to the bottom of the pan (without burning too much!). This will give the rice its smoky Jollof flavour.
8. For some extra spice, sprinkle on some chilli flakes.

Top tips

- Try out different coloured peppers or maybe some frozen peas to add extra colour.
- Experiment with different herbs like thyme or bay leaves for extra flavour.
- Serve with some grilled plantain on the side.

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