



UCOOK

Spicy Jollof-style Rice & Biltong

with red pepper, coriander & creamy raita

Jollof rice is one of the most popular West African dishes - and we can see why! It is rich, spicy, & oh-so-incredibly tasty. Our version is packed with red pepper, onion & beef biltong for a South African twist!


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Ella Nasser

 Quick & Easy

 Leopard's Leap | Merlot

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Ingredients & Prep

2	Onions <i>1½ peeled & roughly diced</i>
3	Garlic Cloves <i>peeled & grated</i>
75ml	Jollof Seasoning <i>(30ml NOMU African Rub, 30ml NOMU One For All Rub & 15ml NOMU Chipotle Flakes)</i>
60ml	Tomato Paste
300g	Cooked Chopped Tomatoes
225ml	White Basmati Rice <i>rinsed</i>
15ml	Chicken Stock
12g	Fresh Coriander
90g	Pickled Bell Peppers <i>drained & roughly sliced</i>
225ml	Free-range Beef Biltong
125ml	Raita

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. RICE, RICE, BABY Boil the kettle. Place a deep, nonstick pan (with a lid) over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the diced onion and fry for 5-6 minutes until soft, shifting occasionally. Add the grated garlic, the jollof seasoning (to taste - it's spicy!) and a sweetener of choice (to taste). Fry for 1-2 minutes until fragrant, shifting constantly. Add the tomato paste and fry for a further 2-4 minutes, shifting constantly. Pour in the cooked chopped tomato, the rinsed rice, 600ml of boiling water, the stock, and seasoning. Mix until fully combined. Reduce the heat, cover with a lid and simmer for 15-20 minutes until the rice is fully cooked and all the liquid has been absorbed, stirring occasionally.

2. CHOP CHOP While the rice is simmering, rinse and pick the coriander. When the rice is done, remove from the heat, and stir through the pepper strips and the biltong.

3. HEARTY JOLLOF Plate up a hearty pile of jollof rice. Sprinkle over the picked coriander and dollop over the raita for a fresh touch. Beautiful, Chef!



Chef's Tip

Jollof rice is traditionally made with Scotch Bonnet chilli. We've made this version family-friendly but if you want an added kick, add in some sliced chilli or top with chilli sauce!

Nutritional Information

Per 100g

Energy	496kJ
Energy	118kcal
Protein	10.1g
Carbs	16g
of which sugars	3.7g
Fibre	1.9g
Fat	1.3g
of which saturated	0.2g
Sodium	474mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days