



UCOOK

West-African Chicken & Jollof Rice

with pickled peppers, coriander & creamy raita

Jollof rice is one of the most popular West African dishes - and we can see why! It's rich, easy, spicy and oh so incredibly tasty.


Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Fat Bastard | Chenin Blanc

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Ingredients & Prep

150g	Free-range Chicken Mini Fillets
20ml	Jollof Seasoning <i>(7.5ml NOMU African Rub, 7.5ml NOMU One For All Rub & 5ml NOMU Chipotle Flakes)</i>
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
20ml	Tomato Paste
100g	Cooked Chopped Tomato
75ml	White Basmati Rice <i>rinsed</i>
5ml	Chicken Stock
30g	Pickled Bell Peppers <i>drained & roughly chopped</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
45ml	Raita

From Your Kitchen

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

1. MARINATION STATION Boil the kettle. Pat the chicken fillets dry with some paper towel. Coat in a ¼ of the jollof seasoning, and a pinch of salt. Set aside to marinate.

2. RICE, RICE, BABY Place a deep, nonstick pan (with a lid) over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the diced onions and fry for 4-5 minutes, until soft and translucent, shifting occasionally. Add the grated garlic, the remaining 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, 200ml of boiling water, the stock, and seasoning. Mix until fully combined. Reduce the heat, cover with a lid and simmer for 10-15 minutes until the rice is fully cooked and until all the liquid has been absorbed, stirring occasionally.

3. SPICED FILLETS When the rice has 5 minutes remaining, place a pan over a medium heat with a drizzle of oil. When hot, fry the marinated chicken fillets for 2-3 minutes per side until golden. Remove from the pan on completion and allow to rest for 3 minutes before serving.

4. ALMOST THERE When the rice is done, remove from the heat, and scatter over the chopped pickled peppers. Replace the lid and set aside to steam for a further 10 minutes to allow all the flavours to infuse.

5. HEARTY JOLLOF Plate up a hearty pile of jollof rice. Top with the golden and flavourful chicken pieces. Sprinkle over the chopped coriander and a dollop of raita for an extra creamy 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	475kJ
Energy	114Kcal
Protein	9.5g
Carbs	17g
of which sugars	3.6g
Fibre	1.4g
Fat	1.2g
of which saturated	0.3g
Sodium	322.5mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days