



UCCOOK

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: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Ella Nasser

 Quick & Easy

 Leopard's Leap | Merlot

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Ingredients & Prep

1	Onion <i>½ peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
25ml	Jollof Seasoning <i>(10ml NOMU African Rub, 10ml NOMU One For All Rub & 5ml NOMU Chipotle Flakes)</i>
20ml	Tomato Paste
100g	Cooked Chopped Tomato
75ml	White Basmati Rice <i>rinsed</i>
5ml	Chicken Stock
4g	Fresh Coriander
30g	Pickled Bell Peppers <i>drained & roughly sliced</i>
75g	Free-range Beef Biltong
45ml	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 4-5 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, 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 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