



# 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.

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**Hands-On Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People


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**Chef:** Ella Nasser

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 Easy Peasy

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 Fat Bastard | Chenin Blanc

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## Ingredients & Prep

300g	Free-range Chicken Mini Fillets
40ml	Jollof Seasoning <i>(15ml NOMU African Rub, 15ml NOMU One For All Rub &amp; 10ml NOMU Chipotle Flakes)</i>
1	Onion <i>peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
40ml	Tomato Paste
200g	Cooked Chopped Tomato
150ml	White Basmati Rice <i>rinsed</i>
10ml	Chicken Stock
60g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
8g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
85ml	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, 400ml 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