

HEALTHY MEAL RECIPES



Jollof rice

Ingredients (Serves 8)

- 500g rice (basmati or long grain)
- 400g plum tomatoes (fresh or tinned)
- 100g tomato puree
- 3 tablespoons vegetable oil
- 700ml stock or water
- ½ a sweet pepper
- 1 medium onion
- 1 bay leaf
- 2 cloves
- ¼ teaspoon crushed or finely chopped garlic or garlic paste
- ¼ teaspoon curry powder
- ¼ teaspoon dried thyme
- White or black pepper to taste

Equipment

Large saucepan, knife and chopping board, blender or mixer.

Method

1. Liquidise the tomatoes, onion and sweet pepper in a blender or food processor. Set aside.
2. Make a tomato-based sauce by gently heating a small amount of oil in a large saucepan. Add the tomato, sweet pepper and onion mix, cover and cook over a high heat for about 8 minutes. Add tomato puree as well as curry powder and all other spices/seasoning (bay leaf, cloves, thyme etc). Cover and cook for a further 2 minutes stirring occasionally.
3. Add stock/water and bring to boil.
4. Add rice, cover and turn down heat. Allow to simmer over a low heat for about 15-20 minutes or until rice is cooked and tender. During cooking, check and stir occasionally ensuring there is enough liquid to cook the rice. This is to ensure that the rice does not burn. If there is not enough, make a small well in the middle of the rice and sprinkle a bit of water. Cover and cook till rice is done.
5. Serve with grilled chicken/fish or meat and brightly coloured vegetables or a side salad. To save on time, fresh or frozen vegetables can be added to the pan towards the end of cooking and allowed to steam.

*Use water instead of stock if preparing this for children less than 12 months old and omit salt completely.