

Easy Jollof Rice

Jollof Rice originates from West Africa and can be served as a side dish or a veggie main course. When cooking the rice, it's okay if it catches a little, this will help to infuse even more smoky flavour into the rice.



Follow the instructions overleaf or see our chefs make this dish in our recipe video.

Open your QR code reader on your smartphone. Hold the device over the code and click to watch.

Please note: some ingredients may have changed since we filmed the video.



Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.

Equipment you will need:

Sharp knife	Wooden spoon
Chopping board	Tin opener
Measuring spoons	Fork
Blender or grater (optional)	
Wide saucepan with lid	

Ingredients:

400g tin chopped tomatoes	1 tablespoon ground ginger
1 medium onion	1 teaspoon smoked paprika
3 cloves of garlic	1 teaspoon ground cumin
1 red pepper	1 teaspoon ground coriander
1 red chilli	1 teaspoon ground turmeric
2 tablespoons vegetable oil	250g easy cook long grain rice
	1 vegetable stock cube
	400g tin black eyed beans

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

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Take & Make

Instructions:

Begin by making the paste for the Jollof Rice. To make the paste, we want to either blend, grate or finely chop the ingredients.

1. Peel and finely chop the onion and the garlic. De-seed and finely chop the pepper. Finely chop the chilli. If using a blender add the chopped vegetables to the blender, add the spices and mix to a smooth puree. You could use a grater instead, or even a pestle and mortar. However, if you use finely chopped ingredients, it will taste just as great.
2. Heat the oil in a wide saucepan and add the purée or the chopped vegetables and spices. Cook on medium heat for up to 20 minutes, until the purée is reduced and drier in texture.
3. Add the rice to the pan and crumble in the stock cube.

Remember to measure or check the weights of your ingredients. We may have included more than you need.

4. Stir the rice well and add a little more water if needed, to completely submerge the rice. Bring to the boil, then cover and reduce the heat to low.
5. Check the rice regularly, carefully pushing the grains from the sides without stirring in order to check for water. Jollof Rice needs to be cooked slowly with lots of steam – only add a little water at a time if it dries out. The rice will take about 30 minutes to cook.
6. Add the drained beans and warm through for a couple of minutes before fluffing the Jollof Rice with a fork.

Cooking for more than 4?

Bulk up the Jollof Rice with extra rice and beans or peas. Jollof Rice can be served with fried, ripe plantain and coleslaw.



If meat is something you can't see yourself living without, the best thing you can do is reduce the amount you have each week and use plant-based protein instead.