

Jollof Rice

Jacob · 29/09/2024



Prep Time

1 hr 20 mins

Difficult

Medium

Servings

8

Description

Popular and spicy West African chicken and rice dish

Ingredients

- - 1 tablespoon olive oil - 1 large onion
- sliced - 2 (14.5 ounce) cans stewed tomatoes - ½ (6 ounce) can tomato paste - 1 teaspoon salt - ¼ teaspoon black pepper - ¼ teaspoon cayenne pepper - ½ teaspoon red pepper flakes - 1 tablespoon Worcestershire sauce - 1 teaspoon chopped fresh rosemary - 2 cups water - 1 (3 pound) whole chicken
- cut into 8 pieces - 1 cup uncooked white rice - 1 cup diced carrots - ½ pound fresh green beans
- trimmed and snapped into 1 to 2 inch pieces - ¼ teaspoon ground nutmeg

Instructions

1. Pour oil into large saucepan. Cook onion in oil over medium-low heat until translucent. Stir in stewed tomatoes and tomato paste
2. and season with salt
3. black pepper
4. cayenne pepper
5. red pepper flakes
6. Worcestershire sauce and rosemary. Cover
7. and bring to a boil. Reduce heat
8. stir in water
9. and add chicken pieces. Simmer for 30 minutes. Stir in rice
10. carrots
11. and green beans
12. and season with nutmeg. Bring to a boil
13. then reduce heat to low. Cover
14. and simmer until the chicken is fork-tender and the rice is cooked
15. 25 to 30 minutes.