

Nigerian Jollof Rice with Chicken and Fried Plantains

Oscar · 29/09/2024



Prep Time

1 hr 29 mins

Difficult

Medium

Servings

8

Description

This traditional Nigerian dish brings out the best possible flavor of rice and chicken. Chicken is first sauteed on the stove top to produce a wonderful aromatic base for the rice. For an extra special and authentic touch, serve jollof rice with fried plantains.

Ingredients

- 2 pounds chicken drumsticks - ½ large onion
- diced - 1 (2 inch) piece fresh ginger root
- peeled and thinly sliced - 2 cubes chicken bouillon
- crushed - 2 cloves garlic
- diced - 1 tablespoon curry powder
- or more to taste - 1 teaspoon herbes de Provence - freshly ground black pepper - 1 pinch cayenne pepper - 1 cup water - 3 tablespoons vegetable oil - ½ large onion
- diced - 1 (14 ounce) can tomato sauce - 1 (14 ounce) can coconut milk - 1 teaspoon herbes de Provence - 1 teaspoon salt
- or to taste - ½ teaspoon ground black pepper
- or to taste - 3 cups parboiled rice (such as Uncle Ben's®) - 1 (10 ounce) package frozen mixed vegetables (carrots
- corn
- peas) - 4 ripe plantains
- peeled and cut diagonally into 1/2-inch slices - ½ cup canola oil for frying

Instructions

1. Place chicken drumsticks in a large Dutch oven over medium heat. Add 1/2 onion
2. ginger
3. crushed bouillon cubes
4. garlic
5. curry powder
6. 1 teaspoon herbes de Provence
7. black pepper
8. and cayenne pepper. Mix well. Cook until chicken starts sticking to the bottom
9. about 5 minutes. Pour in water
10. mix
11. cover the pot
12. and bring to a gentle simmer; cook for 15 minutes. Remove from heat. Transfer chicken to a baking dish using a slotted spoon. Strain cooking liquid through a fine-mesh sieve. Reserve 1 1/2 cups liquid. Discard solids. Preheat oven to 400 degrees F (200 degrees C). Bake chicken in the preheated oven until no longer pink in the middle and the juices run clear
13. about 30 minutes. An instant-read thermometer inserted into the thickest part should read 165 degrees F (74 degrees C). Heat 3 tablespoons vegetable oil in a large pot over medium-low heat and cook 1/2 onion until soft and translucent but not browned
14. about 5 minutes. Add tomato sauce; cook and stir until slightly thickened and infused into the oil
15. 5 to 7 minutes. Stir reserved chicken broth
16. coconut milk
17. 1 teaspoon herbes de Provence
18. salt
19. and pepper into the pot. Bring to a simmer; add rice. Cook
20. stirring often
21. until rice is almost tender
22. 15 to 20 minutes. Add frozen vegetables and continue cooking until rice is tender and creamy
23. about 5 minutes. Heat 1/2 cup of canola oil in a nonstick pan over medium heat. Add plantains and fry on both sides until golden and crispy
24. about 2 to 3 minutes per side. Drain on paper towels. Garnish jollof rice with friend plantains and serve with chicken. Cook's Note When making the rice
25. you can substitute plain water for the coconut milk. This is another variation of jollof rice with fewer calories. You can also finish cooking the chicken either on the barbecue grill
26. or you can fry it in oil until crispy. Editor's Notes: Nutrition data for this recipe includes the full amount of onion
27. garlic
28. and seasonings. The actual amount consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. Amount will vary depending on cooking time and temperature
29. ingredient density
30. and specific type of oil used.