



One of the most cherished meals in west Africa is Jollof rice. Normally made with meat, I put my own twist and made mine with only veggies. This is a must-try!

Ingredients

1 ½ Chicken Knorr cubes
½ teaspoon of dried thyme
½ teaspoon of black pepper
3 tablespoons of tomato paste
Roughly chopped coriander leaves
Finely chopped coriander stalks
1 cup of Basmati/Pishori Rice
Vegetable oil for frying

6 cloves of garlic
5 ripe tomatoes, grated
Thumb-size root of fresh ginger
1 large diced onion
2 carrots
½ bell pepper
Salt for taste & vegetable oil



Method

Finely chop your onion, coriander stalks, ginger and garlic, Put them in a sufuria/ sauce pan with heated vegetable oil and place all these in. To this, add your thyme, black pepper and salt and let this stay on the heat until the onions are soft.

Add your grated tomatoes, and your tomato paste and let these simmer for about 4 minutes. As this is happening, wash your rice.

Add your rice to the sauce together with some water and allow this to cook.

When the water is almost absorbed, add the carrots. Then about a minute later, add your chopped bell pepper. Cover with a lid and allow the rice to get fully cooked.

Serve hot.



SERVE WITH: kachumbari, coleslaw, chicken/beef stew or just on its own.

This recipe was brought to you by Kaluhi's Kitchen from:

<http://www.kaluhiskitchen.com/veggie-jollof-rice/>