

# Chef Student's Homemade Jollof Rice with Chicken

A vibrant and flavorful West African classic, this homemade Jollof rice with chicken is perfect for a chef student honing their culinary skills. The dish combines aromatic spices, rich tomato flavors, and tender chicken for a hearty, satisfying meal.



African

**45 min**

Total time

**Medium**

Difficulty

**550**

kcal / serving

## Ingredients

- 1/2 cup long-grain parboiled rice
- 100g chicken breast, cut into bite-sized pieces
- 1/4 cup tomato paste
- 1 medium tomato, blended
- 1/4 onion, finely chopped
- 1 garlic clove, minced
- 1/4 bell pepper, sliced
- 1 tsp vegetable oil
- 1/2 tsp smoked paprika
- 1/4 tsp thyme
- 1/4 tsp curry powder
- Salt and pepper to taste
- 1/4 cup chicken stock or water
- Fresh parsley for garnish (optional)

## Steps

- 1 Rinse the rice under cold water and set aside.
- 2 Heat vegetable oil in a medium saucepan over medium heat. Add the chopped onion and minced garlic, sauté until fragrant and translucent.
- 3 Add the tomato paste and blended tomato, cook for about 5 minutes until the mixture thickens and the oil begins to separate.
- 4 Stir in smoked paprika, thyme, curry powder, salt, and pepper.
- 5 Add the chicken pieces and sliced bell pepper, cook for 5 minutes until chicken is lightly browned.
- 6 Pour in the chicken stock or water, bring to a boil.
- 7 Add the rinsed rice, stir well to combine.
- 8 Reduce heat to low, cover, and simmer for 20 minutes or until rice is cooked and liquid is absorbed.

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Turn off heat and let it rest covered for 5 minutes.

10

Fluff the rice with a fork, garnish with fresh parsley if desired, and serve hot.