

Homemade Jollof Rice and Chicken with Fresh Salad

A flavorful West African classic, this homemade Jollof rice pairs perfectly with tender, spiced chicken and a refreshing salad to balance the meal.



Salad

African

45 min

Total time

Medium

Difficulty

650

kcal / serving

Ingredients

- For the Jollof Rice:
- 1/2 cup long-grain parboiled rice
- 1/4 cup tomato puree
- 1 small tomato, chopped
- 1/4 onion, chopped
- 1/2 red bell pepper, chopped
- 1 small scotch bonnet pepper (optional)
- 1 garlic clove, minced
- 1/4 tsp thyme
- 1/4 tsp curry powder
- 1/2 cup chicken broth or water
- 1 tbsp vegetable oil
- Salt to taste
- For the Chicken:
- 1 small chicken thigh (skin on or off as preferred)
- 1/2 tsp paprika
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- Salt to taste
- 1 tsp vegetable oil
- For the Salad:
- 1/2 cup mixed lettuce leaves
- 1/4 cucumber, sliced
- 4 cherry tomatoes, halved
- 1 tsp olive oil
- 1/2 tsp lemon juice
- Salt and pepper to taste

Steps

- 1 Rinsing the rice in cold water until water runs clear; set aside.
- 2 In a blender, combine tomato puree, chopped tomato, red bell pepper, onion, scotch bonnet pepper, and garlic; blend until smooth.

- 3 Heat vegetable oil in a pot over medium heat. Pour in the blended tomato mixture and cook for 10 minutes, stirring occasionally until it thickens and the oil begins to separate.
- 4 Add thyme, curry powder, and salt; stir well.
- 5 Add the rinsed rice to the pot and stir to coat with the tomato sauce.
- 6 Pour in chicken broth or water, bring to a boil, then reduce heat to low, cover, and simmer for 20 minutes or until rice is cooked and liquid is absorbed.
- 7 While the rice cooks, season the chicken thigh with paprika, black pepper, garlic powder, and salt.
- 8 Heat oil in a skillet over medium heat and cook chicken for 6–7 minutes on each side or until fully cooked and golden brown.
- 9 In a bowl, toss lettuce, cucumber, and cherry tomatoes with olive oil, lemon juice, salt, and pepper.
- 10 Serve the Jollof rice alongside the cooked chicken and fresh salad.