

Homemade Jollof Rice and Chicken

A flavorful West African classic, this homemade Jollof rice is cooked in a rich tomato and pepper sauce, served with tender, spiced chicken for a satisfying and vibrant meal.



African

40 min

Total time

Medium

Difficulty

650

kcal / serving

Ingredients

- 100g long grain parboiled rice
- 150g chicken thigh, bone-in or boneless
- 1 medium tomato, blended
- 1/4 red bell pepper, blended
- 1/2 small onion, finely chopped
- 1 clove garlic, minced
- 1 tsp tomato paste
- 1/2 tsp smoked paprika
- 1/4 tsp thyme
- 1/4 tsp curry powder
- 1 small scotch bonnet pepper (optional)
- 1 tbsp vegetable oil
- Salt to taste
- 250ml chicken stock or water
- Fresh parsley for garnish (optional)

Steps

- 1 Rinse the rice under cold water until water runs clear; set aside.
- 2 Season the chicken with salt, paprika, thyme, and curry powder.
- 3 Heat half the oil in a pan over medium heat and brown the chicken on all sides; remove and set aside.
- 4 In the same pan, add the remaining oil and sauté onions and garlic until soft.
- 5 Add the blended tomato, red bell pepper, tomato paste, and scotch bonnet pepper if using; cook for 10 minutes, stirring occasionally.
- 6 Pour in the chicken stock or water, bring to a boil, then add the rice and stir well.
- 7 Place the browned chicken pieces on top of the rice, cover, and reduce heat to low.
- 8 Cook for 20-25 minutes until rice is tender and chicken is cooked through.

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Remove from heat, fluff the rice gently, garnish with parsley, and serve hot.