

Nigerian Jollof Rice for One

Experience the vibrant flavors of Nigeria with this Jollof Rice recipe. Cooked in a delectable tomato sauce with a blend of spices, it's a festive one-pot meal perfect for any occasion.



Nigerian

40 min

Total time

Medium

Difficulty

450

kcal / serving

Ingredients

- 1/2 cup long-grain rice
- 1 medium tomato, blended
- 1/4 onion, finely chopped
- 1/2 bell pepper, chopped
- 1/2 tsp ground ginger
- 1/2 tsp thyme
- 1/2 tsp curry powder
- Salt to taste
- 1 tbsp vegetable oil
- 1 cup chicken or vegetable broth
- 1/4 cup mixed vegetables (optional)
- Grilled chicken or fish (for serving)

Steps

- 1 Rinse the rice under cold water until the water runs clear.
- 2 In a pot, heat the vegetable oil over medium heat and sauté the chopped onions until translucent.
- 3 Add the blended tomato, bell pepper, ground ginger, thyme, curry powder, and salt. Stir and cook for about 10 minutes until the sauce thickens.
- 4 Add the rinsed rice and stir to coat with the sauce.
- 5 Pour in the chicken or vegetable broth and bring to a boil.
- 6 Reduce heat to low, cover the pot, and let it simmer for about 20 minutes until the rice is cooked and liquid is absorbed.
- 7 If using, add mixed vegetables in the last 5 minutes of cooking.
- 8 Fluff the rice with a fork and serve with grilled chicken or fish on the side.