

## **JOLLOF RICE**

### **Serving 8**

#### **INGREDIENTS:**

**1/3 cup olive oil**

**1 large onion (sliced)**

**2 carrots**

**1/2 bag of frozen peas**

**2 sweet paprika**

**1 small can tomato paste**

**1 tin tomato cubes (or 4 fresh)**

**2 cubes maggi/knor**

**1/2 teaspoon each: thyme, curry, chilli powder, fresh ginger**

**salt to taste**

**2 bay leaves**

**2,5 cups basmati rice**

#### **PREPARATIONS:**

1. *Place a pot with a tight fitting lid on medium heat, add in the oil. Heat up the oil, add in the chopped onions and bay leaf. Stir-fry until onion is translucent and fragrant .*
2. *Add in the tomato paste , cover and leave to fry for 3-5 minutes, stir occasionally. Add tomato cubes in the maggi, thyme, curry, chilli powder, ginger and salt. Combine.*
3. *Reduce the heat to minimum. Add in the rice then 2.5 cups of water, carrots, peppers and peas. Cover the pot with the foil and then the lid. (It's extremely important that the pot is well covered so as to infuse each grain of rice)*
4. *Leave to cook (on low-medium heat) for 25 minutes.*
5. *Remove the pot from heat, the rice If the texture of rice is still hard, stir it and return to cook for pot tightly for another 6 – 10 minutes. Then serve.*