

Modified Jollof Rice



V Vegetarian

Provides 4 servings. Preparation time is 60 minutes

Ingredients:

10 Olive oil light sprays
1 Large onion diced
2 tbsp Tomato puree
400g (1 tin) Chopped tomato
1 Root ginger, 1 Scotch bonnet, 2 Cloves garlic,
blend to smooth consistency
1 Low salt stock cube
250g White (or brown) basmati or long grain rice
Lettuce and cucumber
2 tbsp Curry powder
100g mixed vegetables (carrot, peas & sweetcorn)

Nutritional information per 100g of edible portion:

Energy (kcal/kJ)	49kcal/205kJ
Total Fat (g) of which saturated fatty acids (g)	0.9 0.1
Carbohydrates (g) of which sugars (g)	6.8 4.5
Dietary fibre (g)	2.3
Protein (g)	2.2
Salt (g)	0.3

Preparation method:

Warm a large, lidded cooking pot at low heat and spray with 10 sprays of light olive oil spray. Add onions and fry for 2 minutes or until fragrant. Add tomato puree, stir until the mixture thickens. Add the chopped tomato and cook over medium heat until the juice is reduced, stirring occasionally. Stir in the blended spices, curry powder and stock cube and cook for 2 minutes at low heat.

Rinse the rice in a separate bowl until the water is clear and then drain. Add the rice to the sauce in the pot, stir and mix. Add enough water to just cover the rice and cook on medium heat for about 10 minutes, stirring occasionally to avoid burning. Add the mixed vegetable and stir. Cover the pot and simmer on low heat for about 15-20 minutes or until the rice is cooked and fluffy. Serve with mixed salad (no dressing) and grilled skinless chicken or protein of your choice.

Each 266g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
546kJ 130kcal	2.3g	0.3g	12g	0.8g
7%	3%	2%	13%	13%

of an adult's reference intake