

PEANUT AND COCONUT JOLLOF

Ingredients

- tbsp Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)
- Medium Onions (Chopped)
- tbsp Tomato Paste
- Mediums Fresh Pepper
- Mediums Fresh tomatoes (Chopped)
- Mediums Red Pepper (tatashe)
- cups Rice, white, long-grain, regular, raw, unenriched
- cups Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2
- tbsp Peanut butter, smooth, reduced fat
- MAGGI Chicken Cube
- cup roasted peanuts/ groundnut paste
- tsp Chopped Ginger
- tsp Chopped Garlic
- tbsp Masala
- tbsp Thyme

Instruction

1. Wash and parboil rice and set aside.
2. In a large pot, heat the vegetable oil over medium heat. Add the chopped onion and ginger & garlic paste then saute until translucent.
3. Add the blended pepper mixture (tatashe, and rodo) and cook for few minutes.
4. Add the curry, thme, maggi chicken and stir. Now the diced tomatoes and allow to cook for up to 5 minutes, stirring occasionally.
5. In a separate bowl, whisk together the coconut milk, peanut butter and chicken broth until well combined and pour into the pot.
6. Allow to boil then add the parboiled rice and stir.
7. Add one more maggi chicken, stir then cover and pot and allow to cook on a very low heat for about 10mins till the rice is cooked.
8. Garnish with some peanuts and coconut flakes.

Nutrition

Carbohydrates	93,88 g
Energy	690,36 kcal
Total fat	28,4 g
Fiber	6,26 g
Protein	17,53 g
Saturated Fats	5,21 g
Sodium	94,98 mg
Sugars	8,41 g

75 Minutes

6