

CHICKEN JOLLOF RICE
with Mixed Salad and Fried Plantain

Chicken Jollof Rice	Mixed Salad	Fried Plantain
10 bite sized chicken pieces (<i>off the bone</i>) Salt and Pepper and Ground Cumin (<i>to taste</i>) 1 cup of Oil (<i>to cook</i>) 2 medium Onions (<i>chopped</i>) 1 Tablespoon of Garlic paste 1 Tablespoon of Ginger paste 3 Tablespoons of Tomato puree Fresh Chilli pepper 2 cups of Rice Chicken stock 1 Bay leaf 2 Carrots (<i>diced</i>) 1 Red Pepper (<i>diced</i>) 1 Green Pepper (<i>diced</i>)	1 Lettuce (<i>chopped</i>) 1 Cucumber (<i>sliced</i>) 4 Tomatoes (<i>sliced</i>)	4 Plantains (<i>sliced</i>) 2 Cup of oil (<i>for frying</i>)
Chicken Jollof Recipe		
<ol style="list-style-type: none"> 1. Cut up the bite size chicken pieces, wash and drain them. 2. Season with a little Salt and Pepper and Ground Cumin. 3. Put oil in pan and heat for 2 minutes before putting the chicken pieces in. 4. Fry chicken pieces for 5 minutes and then lay them aside to cool off. 5. In the same pan put in chopped onions, garlic and ginger paste. 6. Fry them for a few minutes until the onion is nice and tender. 7. Add tomato puree and chopped fresh chilli pepper to the mix. 8. Cook mixture for about 2 minutes. 9. Stir in the rice to blend with the sauce. 10. Add chicken stock to the rice, followed by the chicken pieces. 11. Stir mixture and add 1 bay leaf to the mix. 12. Put the lid on the pot to boil. 13. Boil for 2-3 minutes and then turn the heat down. 14. Just before finishing the cooking, add the diced carrots, red and green peppers for colour and crunchiness, stirring once. <p style="text-align: center;"><i>It will take about 10-15 minutes to cook.</i></p> <p style="text-align: center;"><i>Mixed Salad for garnish</i></p>		
Plantain		
<ol style="list-style-type: none"> 1. Peel the plantain, cut it into 6 lengthwise slices. 2. Pour oil in a frying pan. 3. Heat oil for about 3 minutes. 4. Put peeled and sliced plantain in the hot oil. 5. Let it cook for 2 minutes on one side. 6. Turn other side and leave to cook for about 3 minutes until golden brown. 7. Take out the slices and rest them on kitchen towel to absorb the excess oil. <p style="text-align: center;"><i>Serve as a side dish with your Chicken Jollof Rice and Mixed Salad garnish.</i></p>		

