

Jollof rice

Sierra Leone Serves 4

Ingredients

- 8 skinless, boneless chicken thighs, cut into large pieces (replace with cooked sweet potato for vegetarian dish)
- 1 thinly sliced onion
- 1 tbsp fresh or dried thyme
- 2 tsp ground crayfish*
- 2 tbsp tomato puree
- 1 can chopped tomatoes
- 1 chicken (or vegetable) stock cube
- 360g long grain/basmati rice
- 1 red pepper, sliced length ways
- 2 finely chopped garlic cloves
- 1 thumb-sized piece of ginger, peeled and roughly chopped
- Handful of fresh coriander to garnish

*Ground crayfish is considered an essential ingredient in lots of West African cooking. If you're cooking the vegetarian version, check with guests whether they'd like to leave out the crayfish. **Please note:** crayfish is a crustacean and a known **allergen** so please check with diners before serving.

Method

1. Season the chicken with salt and pepper and fry for about 5 mins until golden all over. Lift out and rest. If you're using sweet potato, chop into chunks, cover in a little oil, thyme and season. Place on a baking tray and cook in the oven on 190°C for 25 mins.
2. Fry the onions until soft for 5 mins.
3. Add the thyme, tomato puree, garlic, chopped tomatoes and ginger to the onions, fry for another 2 mins.
4. Add the ground crayfish and crumble in the stock cube, then pour in 600ml of boiling water and stir.
5. Add the chicken back in, bring to the boil then cover and simmer for 15 mins.
6. Add the rice, (if you're using sweet potato, add that back in now too) cover with a tight lid, and simmer on a low heat for 20 mins.
7. Scatter the red peppers over the rice. Re-cover the pot and cook for 10 mins until the veg is softened and the rice is tender.
8. Just before serving, mix the peppers through and add the chopped coriander to garnish.

Did you know? The Red Cross is helping communities recover and move on from Ebola. Kadiatu Bangura, 13, survived after receiving treatment at our centre. She said: "I want to thank the doctors and nurses for what they did for me. If not for them, I would never have seen my mother again."

