

## Jollof Rice and Chicken

### INGREDIENTS

1 tsp rosemary  
1 tablespoon thyme  
1 tsp ground ginger  
4 bay leaves  
1 tsp parsley  
1 tsp garlic powder  
1 tsp curry powder  
6 packs (tsps.) or cubes of Knorr chicken seasoning  
2-4 lbs. chicken  
2 containers of sweet cherry tomatoes  
1 red bell pepper  
4 habanero peppers (adjust to taste)  
1 big spoon of groundnut or vegetable oil  
2 onions  
3 cups rice



Image taken from: <https://buzznigeria.com/>

### PREPARATION

Put the chicken in a pot (If using a whole chicken, cut it up into pieces first). Season meat with thyme, rosemary, ginger, parsley, garlic, curry, bay leaves, 1 onion (sliced). Add water to about level of chicken and add 3 packs of Knorr seasoning. Boil the meat for 30 minutes.

Reserve the stock in a separate bowl. Fry the meat in the pot or bake in an oven at 350°F about 20 minutes until meat is cooked through. Keep warm.

In the meantime, boil 3 cups of rice for 20 minutes and wash the rice with water.

Blend the tomatoes, red bell pepper and habanero peppers together.

Add oil into a pot, followed by one sliced onion and fry for 3 minutes. Add the blended tomato mixture into the pot and allow to fry until all the juice from the tomatoes has evaporated.

Add the reserved stock into the fried tomatoes and boil for 10 minutes. Add enough remaining Knorr seasoning to the tomato sauce to your taste.

Add the boiled rice into the tomato sauce and allow it to cook for about 30 mins or until water is absorbed.

Serve with the chicken.