WEST AFRICAN · LUNCH · DINNER

Oven-Baked Nigerian Jollof Rice

65 min · Serves 5 · 505 kcal a serve · Video 7:14 · Zeelicious Foods

No dairy listed · No nuts listed

Red peppers, tomatoes and onions make up much of the pot, so a serve gives more than a day's vitamin C plus vitamin A, fibre and potassium. The whole dish is cooked in only ¼ cup of oil.

Diet notes: Vegan with a vegetable stock cube or salt instead of the seasoning cubes; Vegetarian with a vegetable stock cube or salt instead of the seasoning cubes; Low saturated fat (1.1 g, 2% of the energy); Gluten-free with a swap: Check that the seasoning cubes and all-purpose seasoning are gluten-free.

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Ingredients 13 · SERVES 5

- [ ] 470 ml **basmati rice** (about 370 g dry), washed
- [ ] 2 **fresh tomatoes**, blended
- [ ] 4–5 **tatashe** (red bell peppers), blended
- [ ] 3–4 **onions**, some blended into the base and some sliced
- [ ] ½ tbsp chopped **fresh scotch bonnet peppers**
- [ ] ½ tbsp **garlic paste**
- [ ] 2 tbsp **tomato paste**
- [ ] 1 tbsp **all-purpose seasoning** (the cook's own dry spice mix)
- [ ] 3 **seasoning cubes** (counted as salt)
- [ ] 60 ml **vegetable oil**
- [ ] 1 **red bell pepper**, diced, to finish
- [ ] 1 **green bell pepper**, diced, to finish
- [ ] **salt**, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 180°C. Wash the rice until the water runs clear and drain. Blend the tomatoes, tatashe and some of the onions into a smooth pepper base (the cook uses a ready-made tomato-pepper blend) and slice the rest of the onions.
2. Warm the oil in a wide pan, add the sliced onion for 30 seconds, then the garlic paste and chopped scotch bonnet for a few seconds. Stir in the tomato paste and fry for 2–3 minutes. 1:43
3. Pour in the pepper blend, cover and fry for 8–10 minutes, until the water has cooked off and the oil sizzles gently on top. 2:39
4. Tip the base into a baking dish. Add the all-purpose seasoning, seasoning cubes, a little salt and the rice, then pour in enough water (or stock) to just cover the rice. Mix well and taste for seasoning. 3:22
5. Cover tightly with foil, then a lid, and bake for 30–35 minutes, until the rice is tender. Rest for 5 minutes without opening. 4:55
6. Fluff the rice with a spoon and fold through the diced red and green peppers before serving. 5:36

> **Tip** Serves 5 (our estimate). In the video, lightly browned chicken pieces bake on top of the rice; add skinless ones for a one-dish meal. Use vegetable stock cubes to keep it vegan, or only 1–2 cubes to cut the salt.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
505 kcal	10 g	88 g	8 g	12 g	950 mg
2,110 kJ	20% of a day	80 g net · 14 g sugars	29% of a day	1.1 g saturated	41% of a day
		32% of a day		16% of a day	

Energy from net carbs 68% · protein 9% · fat 23%

High in (20%+ of a day) Vitamin C 281% · Omega-3 66% · Vitamin B6 51% · Vitamin E 36% · Selenium 35% · Vitamin A 33% · Folate 29% · Vitamin K 20%

Source of (10–19%) Zinc 19% · Potassium 18% · Magnesium 17% · Iron 12%

Recipe and video: Zeelicious Foods (@ZeeliciousFoods) on YouTube — youtube.com/watch?v=tzEQtTHSPAY, published 24 June 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/zeelicious-oven-baked-jollof-rice