



WHATSheATE



HEALTH SCORE

60%

## Jollof rice with chicken



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



70 min.

SERVINGS



4

CALORIES



814 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients



8 chicken thighs boneless skinless cut into large pieces



3 tbsp unrefined sunflower oil



1 large onion halved sliced



3 tbsp tomato purée



1 chicken stock cube



400 g rice



1 bell pepper red deseeded sliced



1 bell pepper yellow deseeded sliced

- ☐ 100 g okra halved
- ☐ 1 bunch cilantro leaves roughly chopped
- ☐ 2 garlic clove
- ☐ 800 g plum tomatoes canned
- ☐ 1 piece ginger fresh
- ☐ 1 scotch bonnet peppers deseeded

## Equipment

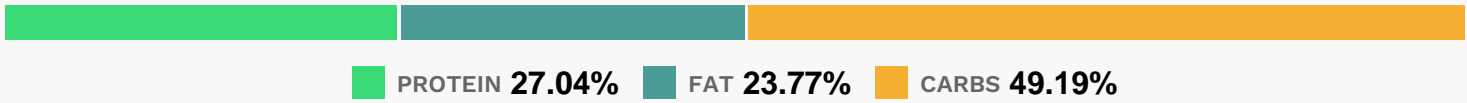
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ aluminum foil

## Directions

- ☐ Season the chicken with salt and pepper.
- ☐ Heat 2 tbsp of the oil in a large deep frying pan over a high heat then add the meat and fry for about 5 mins till golden all over. Lift out of the pan onto a plate.
- ☐ Add the rest of the oil to the pan and fry the onions until soft but not golden, about 5 mins. While the onions cook, make the ginger and chilli base.
- ☐ Put the garlic, tomatoes, ginger and chilli into a food processor or blender and whizz till smooth.
- ☐ Add the tomato pure to the onions, fry for another 2 mins then add the ginger and chilli mix. Crumble in the stock cube, stir then pour in 600ml boiling water.
- ☐ Add the chicken, bring to the boil then simmer for 15 mins.
- ☐ Put the rice into a large bowl, cover with cold water and use your hands to wash the grains. Tip the water out then repeat twice until the water runs clear.
- ☐ Add the rice to the pan, turn the heat down to a simmer then cover with foil and a lid (so no steam can escape) and cook for 20 mins.

Take the lid off (the rice wont be cooked yet) then scatter the peppers and okra over the rice.  
Re-cover and cook for 10 mins until the veg is softened and the rice tender. Just before serving, mix the veg through and scatter over coriander.

## Nutrition Facts



### Properties

Glycemic Index:78.05, Glycemic Load:51.92, Inflammation Score:-10, Nutrition Score:43.782608944437%

### Flavonoids

Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 15.97mg, Quercetin: 15.97mg, Quercetin: 15.97mg, Quercetin: 15.97mg

### Nutrients (% of daily need)

Calories: 814.1kcal (40.71%), Fat: 21.29g (32.76%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 99.13g (33.04%), Net Carbohydrates: 92.71g (33.71%), Sugar: 9.54g (10.6%), Cholesterol: 214.83mg (71.61%), Sodium: 464.91mg (20.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.49g (108.97%), Vitamin C: 134.57mg (163.11%), Selenium: 67.28µg (96.11%), Manganese: 1.73mg (86.49%), Vitamin B3: 16.54mg (82.69%), Vitamin B6: 1.62mg (80.91%), Phosphorus: 638mg (63.8%), Vitamin A: 3111.08IU (62.22%), Vitamin E: 6.77mg (45.13%), Potassium: 1485.56mg (42.44%), Vitamin B5: 4.24mg (42.43%), Vitamin K: 39.44µg (37.56%), Zinc: 5.28mg (35.22%), Vitamin B2: 0.57mg (33.32%), Magnesium: 129.66mg (32.42%), Vitamin B1: 0.45mg (29.97%), Copper: 0.59mg (29.7%), Fiber: 6.42g (25.67%), Vitamin B12: 1.45µg (24.16%), Folate: 94.28µg (23.57%), Iron: 3.97mg (22.04%), Calcium: 111.54mg (11.15%)