



West African Inspired Rice

with Chicken, Peppers & Peas



40min



2 Servings

Jollof is an iconic West African dish, prepared most often in Ghana, Nigeria, Liberia, Cameroon, Gambia, and Senegal (don't ask us who makes it best—we love it all!). It's an aromatic rice dish that's a staple at celebrations and family gatherings. Simple ingredients like rice, tomato paste, sweet and spicy peppers, and tender chicken come together to create a complex yet balanced bite. It's truly a culinary masterpiece.

What we send

- 1 bell pepper
- 1 yellow onion
- 1 serrano pepper
- 2 (¼ oz) curry powder
- 5 oz jasmine rice
- 6 oz tomato paste
- 5 oz peas
- ¼ oz fresh parsley
- 10 oz pkg chicken breast strips

What you need

- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)
- sugar
- neutral oil
- garlic

Tools

- medium Dutch oven or ovenproof pot

Cooking tip

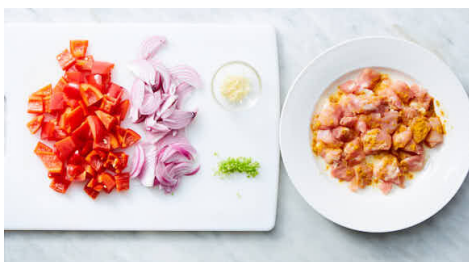
Capsaicin is the heat source in peppers, and it's concentrated in the seeds and white pith. For less spice, halve the serrano pepper and discard the seeds before finely chopping.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 630kcal, Fat 13g, Carbs 84g, Protein 44g



1. Prep ingredients

Preheat oven to 350°F with a rack in the lower third. Halve **bell peppers**, discard stems and seeds, and cut into ¾-inch pieces. Finely chop **2 teaspoons garlic**. Halve and thinly slice **half of the onion** (save rest for own use).

Finely chop **1½ teaspoons serrano pepper** (or more, if desired). Pat **chicken** dry; season all over with **salt, pepper**, and **1 teaspoon curry powder**.



4. Make jollof rice

To pot with **bell peppers**, add **chopped garlic and serrano peppers, 2 teaspoons curry powder, and 1 teaspoon salt**. Add **rice** and cook, stirring, until the rice is toasted, 1-2 minutes. Add **¼ cup tomato paste** and cook, stirring constantly, until slightly darkened, about 1 minute. Add **chicken** and **1½ cups water**. Cook, scraping up browned bits from the bottom; bring to a boil.



2. Brown chicken

Finely chop **2 tablespoons of the bell peppers**. In a small bowl, combine **chopped bell peppers, 1 tablespoon vinegar**, and **a pinch each of salt and sugar**; reserve pickled peppers for step 6.

Heat **1 tablespoon oil** in a medium Dutch oven or ovenproof pot over medium-high. Add **chicken**; cook, stirring, until browned, 2 minutes. Transfer to a plate (it will finish cooking later).



5. Cook jollof rice

Cover pot and remove from heat. Immediately transfer to lower oven rack. Bake until **rice** is tender, all of the liquid is absorbed, and chicken is cooked through, about 25 minutes. Remove from oven, top rice with **peas**, and let stand, covered, for 7 minutes. Season to taste with **salt** and **pepper**.



3. Cook veggies

Heat **1 tablespoon oil** in same pot over medium-high. Add **sliced onions** and **remaining bell peppers**. Cook, stirring occasionally, until veggies are softened and browned in spots, about 5 minutes.



6. Finish & serve

Finely chop **parsley leaves and stems**. Sprinkle **reserved pickled bell peppers** over **jollof rice** and garnish with **chopped parsley**. Enjoy!