

Jollof Rice



Serving: 6 Prep: 15 minutes



Preparing Time: min



Total Duration: min

Ingredients

- ♦ Rice
- ♦ Tomato puree
- ♦ Chicken pieces
- ♦ Onion

Directions

- ♦ Cook onion and tomato.
- ♦ Add rice and chicken.
- ♦ Simmer until rice is soft.
- ♦ Equipment: Pot
- ♦ Nutrition: Protein 28g, Carbs 56g, Fat 10g

Notes

Rice cooked in tomato sauce with chicken and spices.

