



Great School Food you can enjoy at home

Recipe

Jollof Rice with Lamb & Vegetables



Ingredients

500g Diced Lamb
100g Onions (finely chopped)
2 cloves of Garlic
200g Easy Cook Long Grain Rice
50g Tomato Puree
Teaspoon (or to taste) Chilli Powder
100g Peas
100g Carrots (diced)
Small Tin Kidney Beans (drained)
¼ Bunch Thyme

Method

1. Brown diced lamb and cover with water & simmer gently for 2 hours or until lamb is tender
2. Fry onions & garlic in a little oil till soft and slightly browned
3. Measure volume of rice, then add to pan with tomato puree and chilli powder. Combine and cook gently for 5 minutes
4. Add twice volume boiling water as there is rice. Season to taste
5. Simmer for 10 minutes, then add drained cooked lamb, peas, carrots, kidney beans & fresh thyme.
6. Check seasoning
7. Simmer for a further 10 minutes until rice is cooked through. Add more boiling water if required

Allergens

None

My Notes

Serves 4

