

Rumble in the Jungle

EAT THEM
TO DEFEAT THEM

FEATURING



The vegetables have been taking over the jollof from **Africa**.

Those crafty vegetables think they can stay hidden in the rice but the veg warriors are ready for the hunt.

Your mission is to help the kids find them, eat them to defeat them and then let out our victory cheer...



LET'S GET READY
TO RUMBLE!



A vegetable laden jollof made with Tilda Brown & White Rice served with a proper African stew made with your choice of meat or plant-based alternative protein. We'd love you to make an authentic jollof but this can be any pink rice, just make sure to add plenty of veg.

Method

Yield **12**

Here's our recommended recipe, or you can simply adapt your own recipe – just keep the veg chunky and serve with a reminder to the children to **Eat Them to Defeat Them** and say **“Let's get ready to rumble!”**

- 1 Place a suitable pan on the stove to heat, add the oil, onions, carrot, continue to cook until the vegetables begin to colour and soften, add the chicken and cook until browned. **If using plant-based alternative, add to the pan at point 2.**
- 2 Add the sweet potatoes, chickpeas and water, bring up to the boil and allow to cook for 2-3 minutes before adding the tomatoes, garlic, cumin, cinnamon, paprika, vegetable bouillon, honey, sultanas, and soy sauce (**and plant-based alternative, if using**), reduce the heat to a simmer.
- 3 Add the sweet chilli sauce and chopped coriander to the pan and continue to cook gently until the sauce begins to thicken.
- 4 **Probe and record temperature - must be above 75 °C.**
- 5 Place a suitable pan fitted with a lid on the stove to heat and add the onion, peppers, and peas, continue to cook until the vegetables soften and begin to colour.
- 6 Stir the Tilda Brown & White Rice into the pan and add the chopped tomatoes, vegetable stock, cayenne pepper, curry powder and tomato puree. Thoroughly mix the ingredients together, reduce heat to a simmer and cover with the fitted lid.
- 7 Allow the rice to cook slowly for about 20 minutes or until the rice is tender and the liquid is absorbed.
- 8 **Probe and record temperature - must be above 75 °C.**
- 9 Remove from the heat and serve.

Serving suggestions

If serving jollof on its own, not as an accompaniment, chicken or plant-based alternative could be added with additional vegetables to make a hearty meal.



Ingredients

Stew

- 10ml oil
- 2 onions, diced
- 1 carrot, diced
- 360g chicken or plant-based alternative
- 300g chickpeas
- 700g sweet potatoes, peeled, diced
- 600ml water
- 1kg tomatoes, chopped
- 2 tsp garlic puree
- 3 tsp cumin
- 2 tsp cinnamon
- 3 tsp paprika
- 60g vegetable bouillon
- 40g honey
- 70g sultanas
- 50ml soy sauce
- 50ml sweet chilli sauce

Jollof

- 50ml oil
- ½ onion, diced
- 1 each, red & yellow pepper, diced
- 80g peas
- 300g Tilda Brown & White Rice
- 400g tomatoes, chopped
- 1 ltr vegetable stock
- 1 tsp cayenne pepper
- 20g curry powder
- 30g tomato puree

