

PEPPER POWER JOLLOF

This colourful Jollof Rice is packed with veg and warming spices adding flavour and interest to school mealtimes. Turn it into a complete, balanced meal by serving with proteins, plant-based alternatives and extra veg.

METHOD (MAKES 12)

1. 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
2. Stir the Tilda Brown & White Rice into the pan and add the chopped tomatoes, vegetable stock, cayenne pepper, curry powder and tomato purée. Thoroughly mix the ingredients together, reduce heat to a simmer and cover with the fitted lid
3. Add the sweet chilli sauce and chopped coriander to the pan and continue to cook gently until the sauce begins to thicken
4. Allow the rice to cook slowly for about 20 minutes or until the rice is tender and the liquid is absorbed
5. Probe and record temperature – must be above 75°C
6. Remove from the heat and serve

INGREDIENTS

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

