

Nigerian Jollof Rice

Recipe taken from *My World Kitchen* on CBBC, which all the family enjoys watching as it gives us good ideas of different foods to try from all over the world.

- 200g basmati rice
- 400g plum tomatoes
- 150g peas
- 1 red pepper
- 4 spring onions
- 1 garlic clove
- 1 sprig thyme
- 1 tsp paprika
- 2 tsp stock powder
- 1 tsp curry powder
- 2 bay leaves
- Pinch ground nutmeg
- 2 dsp tomato puree
- Grind of black pepper
- 500ml water

1. Soak the rice in water for 20 minutes.
2. Put the tomatoes in a bowl.
3. Add the peas.
4. Break apart the red pepper and add to the bowl.
5. Top and tail the spring onions, chop and add.
6. Drain and add the rice.
7. Peel the garlic, crush and add.
8. Add the other dry ingredients.
9. Add 500ml of water.
10. Mix together and put into an oven dish with a lid, or cover with foil.
11. Put into the oven at 180 °C for 20 minutes.
12. Stir and put back into the oven for a further 10-20 minutes.
13. Remove the bay leaves and serve

