



Food For Thought Recipe and Allergen Card

West African Jollof Rice

50 Portions

Ingredient	Hannah Product Code	Quantity
Onion	Almonds	4 Onion Diced
Fresh Garlic	Almonds	1 Bulb or Equivalent Puree
Mixed Peppers	Almonds	4 Peppers Diced
Tinned Chopped Tomatoes	D002052	1 Tin
Easy Cook Basmati Rice	D006044	3.5 Kilo
Vegetable Oil	D001023	50ml
Curry Powder		3 Tbsp
Smoked Paprika		1 Tbsp
Frozen Garden Peas		1 Kilo
Fresh Thyme	Almonds	To Taste
Boiled Eggs (halved)		24 Eggs
Vegetable Stock		2 Litres
Salt & Pepper		To Taste

RECIPE METHOD

1. Heat the oil in a pan. Fry the Onion, Garlic, Mixed Peppers until soft.
2. Add Curry powder, Smoked Paprika, Thyme and chopped Tomatoes and cook for 5 mins.
3. Add vegetable stock and Peas together with the Rice (wash first)
4. Cook for 8-10 mins, add more water if it becomes too dry.
5. Season well, place in serving tray with half the boiled egg (sunny side up) on top.
6. Garnish with fresh thyme or parsley or a sprinkle of smoked paprika.

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...