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by Liz Robb

This spicy West African inspired dish consists of chicken breasts, marinated in

spices, garlic, lemon juice and honey and then baked, served on top of jollof rice, long grain rice cooked with tomatoes, onions, peppers and chilli.

Ingredients

6 cloves of garlic
2 small pieces of ginger
1 teaspoon of hot paprika
1 level teaspoon of chilli powder
Half a teaspoon of ground cumin
1 teaspoon of hot sauce [eg. piri piri]
1 lemon
2 teaspoons of honey
Salt and black pepper
1 teaspoon of olive oil
4 skinless chicken breasts
1 onion
2 red peppers
2 red chillies
Sunflower oil
600g chopped tomatoes
2 heaped teaspoons of tomato puree
2 chicken stock cubes
A few bay leaves
250g long grain rice

Servings
4
Person

Preparation

1. For the marinade, peel and finely grate a small piece of ginger. Peel and crush 3 cloves of garlic. Mix together with the paprika, chilli powder, cumin, piri piri sauce, honey, 3 tablespoons of lemon juice, a teaspoon of olive oil and black pepper.
2. Blend all of the marinade ingredients together, use to coat the chicken breasts then cover and marinate for a few hours in the fridge.
3. For the jollof rice, peel and finely chop the onion and 3 cloves of garlic. Deseed and chop 2 red peppers. Deseed and finely chop 2 red chillies. Peel and finely grate a small piece of ginger.
4. Heat 2 tablespoons of oil in a large heavy bottomed saucepan and gently saute the onion for 3 minutes. Add the garlic, ginger, red chillies and red peppers and saute for a further 3-4 minutes.
5. Stir in the chopped tomatoes and the tomato puree, bring to a gentle simmer and cook for 10 minutes. Then blend briefly, so not completely smooth, and add the bay leaves.
6. Rinse the rice well and then add to the tomato sauce. Mix the stock cubes with 150ml of boiling water and stir in too. Season with salt and black pepper and then cover and cook gently, stirring occasionally, for about 30 minutes until cooked through.
7. Meanwhile, place the marinated chicken breasts in an ovenproof dish and bake in a

preheated oven at 190 degrees, or 170 degrees fan oven, for 40 minutes, basting occasionally.

8 Place the chicken breasts under a hot grill for a few minutes if they need to be more golden brown and crisp. Remove the bay leaves from the jollof rice. Serve each spicy chicken breast on a bed of jollof rice.

Cooks Note

This is a fairly spicy dish: you can, of course, adjust the amount of chillies and spices that you use to make it milder or hotter, according to your tastes.