

Jollof Rice with Lamb (Ghana)

Meat Main Meal



This recipe makes
60 x 240g
or 40 x 360g
servings

40 minutes
prep time

2hrs 30
minutes
cooking time

Ingredients

- 4kg Diced lean stewing lamb
- 6g Cayenne pepper
- 6g Garlic powder
- 1kg Diced onions
- 1240g White rice
- 1440g Brown rice
- 2550g Canned plum tomatoes
- 1kg Mixed vegetables
- 5g Salt
- 2g Ground white pepper
- 25ml Vegetable oil
- 4.2 litres Tap water

Method

1. Season the lamb with garlic, salt, white pepper and 500g onions
2. Cook the meat in the oven at 180°C / 350°F Gas Mark 4 until tender – approximate time 2 hours
3. Prepare tomato sauce: fry 500g onions and tomatoes in oil and season with cayenne pepper. Cook until reduced – approximately 30 minutes
4. Add the tomato sauce to the meat
5. Wash the rice and add to the meat and tomato sauce. Add the water to cook the rice. Simmer for 30 minutes gently until the rice is almost cooked, add mixed vegetables, cover and continue cooking gently until rice is soft

60 Primary
or 40
Secondary
portions

Tip =
Serve
with peas

High
in zinc

Recipe with
thanks to
Little Ilford
School,
Newham
Catering
Services

Nutritional content	Per 100g	Pri serving	Sec serving
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Energy kcal	132	317	475
Fat g	4.9	11.8	17.6
Saturates g	2.0	4.8	7.2
Carbohydrate g	16.5	39.7	59.4
NME sugars g	0.0	0.0	0.0
Fibre/NSP g	0.4	1.0	1.4
Protein g	6.7	16.1	24.1
Iron mg	0.7	1.6	2.5
Zinc mg	1.5	3.6	5.4
Calcium mg	18	43	65
Vitamin A ug	13	31	47
Vitamin C mg	3.3	7.9	11.9
Folate ug	12	29	43
Sodium mg	35	84	126