



fit to a tee

NIGERIAN JOLLOF

Originated in Senegal but arguably the most popular party dish in Nigeria

LOTS OF INGREDIENTS:

- 1 onion: cut in half. ½ diced, ½ quartered
- 4 Roma or plum tomatoes
- 2 bell peppers any color, roughly chopped
- 1 HOT Pepper: scotch bonnet, or milder to taste
- ½ C water
- 3-4 TBLS oil
- 2 C spinach, fresh or frozen Chopped
- 3 large cloves garlic Minced
- 1 tsp curry powder
- 1 maggi cube (optional. Hard to find. VERY popular around the world)
- ½ tsp EACH smoked paprika, ground ginger, white pepper, ground thyme
- 2 TBLS tomato paste (buy in a tube)
- 1 bay leaf
- 4 C beef, chicken or vegetable broth
- Sea salt to taste
- 16 oz spaghetti

DIRECTIONS:

1. IN a blender put ½ the onion, the tomatoes, bell peppers and chile and the water. Blend for 2 minutes
2. In a pot over medium heat warm the oil. Add the diced onion with the curry powder and spices (not the salt yet)
3. Cook until fragrant and onions are translucent. About 4 minutes.
4. Stir in the tomato paste and the tomato puree from step 1. Add the bay leaf. Reduce heat to medium low, cover and cook for about 20 minutes or until bubbling and slightly thickened
5. Add the broth and bring to a boil
6. Add salt to taste. ADD THE SPAGHETTI TO THIS MIXTURE AND COOK UNTIL AL DENTE. With fresh pasta this will only take a couple of minutes. With dry, follow the directions on the package