



Simply
GOOD



5 Jollof Twists



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Coconut Brown Rice Jollof

 55 min



INGREDIENTS

- 2 tbsp Corn oil
- 1 1/2 large white onion
- 2 red scotch pepper
- 3 tomatoes (chopped)
- 1 Medium Dried Smoked Fish (Whole)
 - 1 cup Coconut Milk
 - 2 MAGGI Shrimp
- 2/1 tsp Ginger (grated)
 - 2/1 tsp of garlic
- 3 cups Brown rice
- 1 Large scoop Green Peas
 - 2 Mediums Carrots
 - 2 Green Bell Pepper
 - 25 Prawns
 - 3 cups Water
- 1 tbsp Shrimp powder

STEPS

1. Put a pan on fire and add the coconut oil. Heat the oil, add onions and stir fry for 3 minutes. Chopped pepper, tomatoes and 1 red bell pepper. Add to the pan the garlic, ginger and the chopped vegetables and fry all for 2 minutes.
2. Add the coconut milk, water, 2 MAGGI Shrimp, and bring to boil. Add the roughly shredded smoked fish, shrimp powder, Prawns (Shrimps) and brown rice. Stir and allow to cook for 20 minutes. Add 1/4 cup of water if more liquid is needed
3. Clean and cut vegetable into dice: Carrot and red bell pepper. Add all vegetables and cook for 5 minutes.

NUTRITION VALUE

Carbohydrates 38,95 g, Energy 428,63 kcal, Total fat 19,52 g, Fiber 6,9 g
Protein 25,95 g, Saturated Fats 10,04 g, Sodium 948,96 mg, Sugars 7,83 g

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JOLLOF FACTS #1

WHEN YOUR INNER VOICE TELLS
YOU TO ADD A LITTLE WATER,
PLEASE DON'T





Sokyii Jollof

 90 min



INGREDIENTS

- 3 cups Rice
- 400 g tomatoes (chopped)
 - 1 tbsp Garlic Powder
 - 3 tbsp Curry Powder
- 2/1 cup petite belle pepper
- 1 Medium large white onion
- 1 tbsp ground black pepper
 - 1 tbsp ground rosemary
 - 1 tbsp anise
 - 1 sprig Onion
- 1 Tablet MAGGI Shrimp
 - 4 cups Water
 - 5 tbsp Corn oil
 - 1 tbsp Paprika
- 2/1 cup Alcoholic beverage, wine, table, red
 - 50 g Chicken, skin (drumsticks and thighs), raw
 - 3 pieces Plantain
 - 50 g Beef, New Zealand, imported, manufacturing beef, raw
- 1 tbsp Soy sauce made from soy and wheat (shoyu)
 - 1 tbsp Soy sauce
- 1 Tablet MAGGI Chicken
- 1 tbsp petite belle pepper

STEPS

1. Using a blender, blend scotch bonnet, onions, pepper corns, anise seeds, dried rosemary, spring onions, garlic, fennel seeds, green bell pepper, oil and a splash of water
2. Season chicken with soy sauce, oyster sauce, chilli powder, maggi chicken then set aside to marinate. Fry on medium high heat until golden brown Marinate beef using blended pepper mix and set aside to marinate. Then steam until tender then fry.
3. In a saucepan on medium high, pour in the oil allow to heat up then pour in pepper mix and salted beef chunks and fry until golden brown. Add in tomato puree, cube and for 10mins or until color darkens.
4. Wash rice several times until water is clear then pour into the sauce. Add in two cups of water and allow to cook for 25-35 mins. Stir occasionally to allow heat circulate and cook rice evenly.

NUTRITION VALUE

Carbohydrates 108,71 g, Energy 630,61 kcal, Total fat 17,28 g, Fiber 6,2 g
Protein 12,48 g, Saturated Fats 3,22 g, Sodium 584,98 mg, Sugars 15,57 g





JOLLOF FACTS #2

THE FACT THAT YOU CAN COOK
1 CUP OF RICE DOESN'T MEAN YOU
CAN COOK 5KG OF JOLLOF!





**CHOOSE THE
STAR**





Quinoa Jollof

 50 min



INGREDIENTS

- 3tbsp Vegetable Oil
- 1 Onion (Chopped)
 - 2 Fresh Pepper
- 3 Fresh Tomatoes
- 2 Red bell Pepper
 - 1 Smoked Fish (Shredded)
- 2 MAGGI Shrimp
 - 2 cups Quinoa
 - 6 cups Water
- 1 bunch Spinach
- 1tbsp Shrimp powder
 - 0,5tsp Turmeric
- 1 large Green Bell Pepper
- 1 Medium Carrot (Diced)
- 1 Large scoop Green Pea

STEPS

1. Wash and roughly chop tomatoes, ½ onion, fresh pepper, 1 red bell pepper and set aside
2. Slice remaining onion. Heat the oil, add the onion and stir fry for 2 minutes. Add chopped pepper, onion, red bell pepper, tomatoes, turmeric and fry for 7 minutes stirring at intervals.
3. Add water, 2 MAGGI Shrimp, shrimp powder, shredded smoked fish, and bring to boil. Add the Quinoa and stir properly. Cover and allow to cook for 25 minutes on medium heat until quinoa becomes fluffy. Cut into dice carrot, green bell pepper, and red bell pepper, then add to pot and stir. Add green peas and sliced spinach. Stir and let simmer for 5 minutes.

NUTRITION VALUE

Carbohydrates 54,02 g, Energy 378,9 kcal, Total fat 11,15 g, Fiber 9,7 g
Protein 17,52 g, Saturated Fats 2,31 g, Sodium 910,73 mg, Sugars 8,36 g

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JOLLOF FACTS #3

JOLLOF WILL BURN
WHETHER YOU LIKE
IT OR NOT!





Beef Jollof

 90 min



INGREDIENTS

- 3 cups Rice
- 400 g tomatoes (chopped)
 - 3 tbsp Curry Powder
- 2/1 cup petite belle pepper
- 1 Medium large white onion
- 1 tbsp ground black pepper
 - 1 tbsp ground rosemary
 - 1 tbsp anise
 - 1 sprig Onion
 - 2 Cloves of garlic
- 2 Tablets MAGGI Shrimp
 - 2 cups Water
 - 5 tbsp Corn oil
 - 1 tbsp Paprika
- 4 pieces Beef, variety meats and by-products, kidneys, raw
 - 1 lb Beef, New Zealand, imported, manufacturing beef, raw

STEPS

1. Using a blender, blend scotch bonnet, onions, pepper corns, anise seeds, dried rosemary, spring onions, garlic, and a splash of water
2. In a sauce pot on medium high heat, add the oil and allow to heat up. When hot add in blended pepper mix and salted beef, fry constantly mix until it turns golden brown, then add in tomato puree. Allow to simmer for 10min or until the paste darkens, occasionally stirring to avoid the base from burning After 10min add in curry powder and MAGGI shrimp cubes, mix and bring to a simmer.
3. Whiles the sauce base cooks, season beef with pepper mix, steam until tender. Fry on medium high heat till color darkens. Remove from the oil when done and set aside to rest.
4. Wash rice several times until the water is clear and pour onto the tomato sauce and mix. Pour 2 cups of water and mix. Cover and allow to cook. Stir occasionally to allow rice to cook evenly thus spreading heat evenly
5. Chop beef into bit size chunks then add it to the Jollof. Mix and your Jollof is ready to serve. Serve and enjoy

NUTRITION VALUE

Carbohydrates 80,23 g, Energy 576,75 kcal, Total fat 15,86 g, Fiber 2,54 g
Protein 27,1 g, Saturated Fats 3,3 g, Sodium 224,42 mg, Sugars 3,37 g

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JOLLOF FACTS #4

DON'T PROMISE ANYONE JOLLOF
YOU'LL BE JUDGED WRONGLY...
IT'LL JUST DISGRACE YOU





Senegalese Jollof

 80 min



INGREDIENTS

- 500 g smoked goat meat(half pound cut into chunks)
 - 500 g Rice
- 20 ml Vegetable oil, palm kernel
- 3 large white onion
 - 1 Carrots
 - 4 of garlic
 - 2 Leafs Bay leaf
- 1 Green Bell Pepper
3 petite belle pepper
- 10 g ground black pepper
 - 1 Green Peas
 - 100 g Olives
 - 500 mL Water
- 2 Tablets MAGGI D3D33D3

STEPS

1. Cut the meat into large chunks. Season with some MAGGI D3D33D3 and set aside. Dice the onions and set aside
2. Heat oil in a pot and brown the meat and onion for 15 minutes. Add part of the nokoss, mix and leave to brown for another 5 minutes, stirring regularly
3. Add 1.5l of water and simmer for 20 minutes. Add the chilli, bay leaves and the rest of the nokoss and simmer for another 20 minutes. Remove the chilli, wash the rice and precook it in the microwave for 6 minutes.
4. Add the rice stir well. The water should lightly cover the rice. Cover the pot and cook for 25 minutes then stir 2 to 3 times when the rice is cooked.

NUTRITION VALUE

Carbohydrates 84,57 g, Energy 566,37 kcal, Total fat 13,19 g, Fiber 5,29 g
Protein 26,34 g, Saturated Fats 7,02 g, Sodium 442,07 mg, Sugars 6,17 g

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JOLLOF FACTS #5

LOW HEAT DOES THE
MAGIC!





*Cook the
Difference*