



## Crunchy Coconut Jollof

### Ingredients

- cups White Rice
- tbsp Corn oil
- Prawns
- Onion (Chopped)
- Fresh Pepper
- Red bell Pepper
- Fresh Tomatoes
- Smoked Fish Deboned
- cup Coconut Milk
- MAGGI Shrimp
- 1/2 1/2 tsp Ginger (Chopped)
- 1/2 1/2 tsp Garlic (Chopped)
- cups Water
- Red bell pepper
- 1/2 1/2 cup Coconut Flakes

### Instruction

1. Put a pan on fire and add the coconut oil. When the oil is hot, add chopped onions, ginger, garlic and stir fry for 3 minutes. Add the chop the pepper, tomatoes and red bell pepper and stir for 3 mins.
2. Add coconut milk, water, 2 MAGGI D3d33d3 and bring to boil. Add the deboned smoked fish, shrimp and rice. Allow to cook for 25 minutes. Add 1/4 cup of water if more liquid is needed
3. Dice the green bell pepper and add to rice. Add the coconut flakes. Allow to simmer for 5 minutes.

### Nutrition

Carbohydrates	46,79 g
Energy	435,34 kcal
Total fat	20,82 g
Fiber	3,77 g
Protein	16,35 g
Saturated Fats	11,84 g
Sodium	880,16 mg
Sugars	6,19 g

50 Minutes

6 Portions