

Food Safari

Marlin Jollof Rice

Ingredients:

Obe Ata (African Sauce):

- 1 medium size onion, finely chopped
- 3 medium size red capsicums
- 5 medium sized tomatoes
- 6 Fresh chillis

Fresh Herbs:

- 3 Shallots
- Efiri (Fresh African Mint)
- 3 Spring onions

Pinch of salt

100ml 100% Pure Palm Fruit Oil

- 2 medium size carrot chopped
- 2 sticks of celery including the leaves
- 1 onion chopped
- 2 chopped capsicums
- 2 chopped tomatoes

2 cups Long Grain Parboiled Rice

1kg fresh marlin cut into cubes

200ml water

Making the Sauce

Roughly chop onion, capsicum, tomato, chillis and blend.

Finely chop shallot, Efiri and spring onion.

Heat 100% Pure Palm Fruit Oil on medium heat. Add fresh herbs, sauté for 1 minute until aroma is released. Add Sauce puree and salt to taste. Cook until liquid is dried out (up to 30min).

In a bowl –

Mix chopped carrot, celery, onion, capsicum, tomatoes, rice, cubed marlin (lightly marinated with salt & chilli) & rice.

In a second pot –

Heat 1 cup of water add mixture from bowl cook and then bring to a simmer. Add Obe Ata (African Sauce):

Gently mix together and bring to boil. Cover pot with lid simmer for approximately 45 minutes until rice and vegetables are cooked.

Specialty African ingredients available at Tribal Tastes – feast from Africa

Shop 83 Deli Hall, Queen Victoria Market.

*available on-line www.tribaltastes.com.au

Run Pure Palm Fruit Oil under hot water if in semi-solid state

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