

Huey's Cooking Adventures Smoked Marlin Jollof Rice

Ingredients:

2 medium size carrot
2 sticks of celery including the leaves
1 medium size onion, finely chopped
2 medium size red capsicums
2 tomatoes
2 cups Village Rice
500 grams 'hot-smoked' marlin (cut into cubes)
1 jar African Sauce
2 tablespoons of Tribal Tastes Five Star Harissa
100ml 100% Pure Palm Fruit Oil*#
200ml water

Chop all of the vegetables. Heat 100 ml of water in saucepan. Add chopped vegetables, rice, 100% Pure Palm Fruit Oil, smoked marlin, African Sauce, Harissa and rest of water. Gently mix together and bring to boil. Cover pot with lid simmer for approximately 45 minutes until rice and vegetables are cooked.

Serves 10 people

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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