



Jerk Chicken with Caribbean Rice

Jamaican jerk sauce primarily developed from native Arawak Indians, they would season and slow cook wild hogs over wood, with green chilli, which was native to Jamaica at the time and is the most important ingredient in the taste of Jerk Meat. If you are looking for a comforting, filling and juicy meal for you and the family, you're in luck!

Ingredients

- Chicken Supreme
- Kidney Beans
- Ginger
- Basmati Rice
- Lime
- Chicken Stock Cube
- Garlic clove
- Spice mix
- Green Chili
- All Spice
- Soy sauce
- Thyme
- Yellow Pepper
- Cinnamon
- Spring Onions
- Ground Nutmeg

Your pantry:

- Olive/Rapeseed Oil
- Salt & Pepper

Nutritional Info

Calories: 556 kcal
 Carbohydrates: 84 g
 Protein: 26 g
 Fat: 14 g

Allergens

Soya (Soy Sauce)
Wheat (Soy Sauce)
Celery (Stock Cube)
Stock Cube may also contain traces of Egg, Soya & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Pre-heat the oven to 200C and boil the kettle**

2) **Make the Jerk Paste**

Blitz the following ingredients in a small food processor: Spice mix, 1cm peeled ginger per person and garlic roughly chopped and the deseeded chillis (add to taste/preference on spiciness), a spoon of lime juice per person, soy sauce & a teaspoon of oil per person.

Then blend until you have a thick paste. If you don't have a processor, you just chop everything as small as possible and mix in a bowl until combined.

3) **Marinade the chicken**

Rub or brush the jerk paste into the chicken. Try and use it all up covering both sides of the chicken if possible. Remove the core of the pepper and then dice into small chunks and cook with the chicken.

4) **Cook the chicken**

If you are feeling defiant and want to brave the Irish elements BBQ the chicken for about 10 minutes each side. Alternatively roast the chicken in a pre-heated oven at 200°C for about 25-30 minutes, or until cooked through/the juices run clear. Meanwhile.....

5) **Cook the rice**

Mix 500ml of boiled water with your stock cube in a large bowl and stir until dissolved. Mix the rice in an ovenproof dish with the 125ml of stock per person. Cover with tin foil, then add to your oven alongside your chicken for about 20 min. 10 min into the cooking of the rice, add the kidney beans.

6) **Plate the dish**

Remove the chicken and rice as each is complete and allow to rest for a couple of minutes. Plate the rice with the jerk chicken on top and garnish with some roughly chopped spring onion.



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