

Jamaican Jerk Chicken

Ingredients

- 1 lb chicken thighs & breasts
- 1 cup yellow onion, chopped
- 0.50 cup green onion, chopped
- 2 tbsp olive oil
- 2 tbsp canola oil
- 1 cup white vinegar
- 1 cup orange juice
- 0.50 cup lime juice
- **0.50 tsp kosher salt**
- **1-2 tbsp jamaican jerk seasoning**

Instructions

1. Combine yellow & green onions, olive & canola oils, salt, vinegar, orange & lime juice with the jamaican jerk seasoning.
2. Marinate chicken 3-4 hours or overnight in jerk seasoning mixture.
3. Throw out left over marinade.

4. Pat chicken dry with paper towels.
5. Preheat grill to medium high, direct heat.
6. Grill chicken turning occasionally until chicken is no longer pink and juices run clear, about 45 minutes. Internal temperature should reach 165 degrees.
7. ENJOY immediately! We love it with rice & beans and grilled fresh pineapple.

Serves: 4



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