



TABLE & TWINE

JERK CHICKEN



Chicken



Sauce



Plantains



Beans
& Rice



Braised
Cabbage



- STEP 1** Preheat oven to 425°F (400°F for convection oven). Unwrap brown parchment paper and lay flat on a baking sheet. Remove chicken from plastic and place on parchment paper. Place in hot oven for 10-15 minutes or until chicken reaches an internal temperature of 165°F. While chicken is roasting, leave pineapple habanero bbq sauce on counter to come up to room temperature.
- STEP 2** After 5 minutes have passed, add plantains to the baking sheet with the chicken. Roast for the remaining 8-10 minutes until hot.
- STEP 3** While the chicken and plantains are heating, transfer rice and beans to a microwave safe dish. Microwave for 1-2 minutes, stirring occasionally until warm.
- STEP 4** Transfer braised red cabbage to a microwave safe dish and microwave for 1-2 minutes, stirring occasionally until warm.
- STEP 5** Transfer heated chicken, plantains, rice and beans to your preferred serving dish, alongside braised red cabbage. Top chicken with room temperature pineapple habanero bbq sauce and serve immediately.