



Jamaican Jerk Grilled Chicken with Plantains Gluten Free



Ingredients

Serves 2

¾ C.	Jamaican Jerk Sauce (Starport 125 Gluten Free)
2ea 8 oz.	Chicken breasts, skin-on, boneless
1 each	Plantains, bias cut ¼”
4 oz.	Okras, rounds, cut ½”
2 each	Red jalapenos, cut into thin rings
2 Tbsp.	Extra virgin olive oil
¼ C.	White wine, optional
3 Tbsp.	Butter or olive oil



Instructions

1. Marinate chicken with ¼ C. of **Jamaican Jerk Sauce** and 1 Tbsp. of olive oil for at least 30 minutes (save marinade for basting).
2. Cut plantain in half, slit peel lengthwise, remove peel then slice into ¼” slices. Deep fry plantain at 350°F until golden, remove and set aside.
3. Trim ends of okras and cut in ½” rounds.
4. Trim ends of jalapenos and cut to thin rings and remove seeds.
5. Heat a grill on high heat, when hot, place chicken with skin side down on grill turn and baste about every 5 minutes with leftover marinade. Cook 20-25 minutes or until done.(160F internal temperature)
6. Chicken may be pre-cooked in oven at 350 F until done and finish on grill.
7. Meanwhile heat a sauté pan at medium heat. Add butter and sauté okras until softened about 3 minutes then add jalapeno.
8. Add white wine, fried plantain and ¼ C. of **Jamaican Jerk Sauce**, mix well and remove.
9. Portion vegetables on plate and dress each chicken breast with remaining **Jamaican Jerk Sauce** before serving.