



Jammin' JeRk



TRADITIONAL JERK CHICKEN WITH RICE AND PEAS

Live like a true Jamaican with an authentic chicken, rice and peas dish!

Serves 4-6

Ingredients

12 Chicken Thighs
1 Lime, Halved
100g Jammin' JeRk Hot Marinade
Jammin' JeRk BBQ sauce to taste

Rice & beans

200g basmati rice
400g can coconut milk
1 bunch spring onions, sliced
2 large thyme sprigs
2 garlic cloves, finely chopped
1 tsp ground allspice
2 x 410g cans kidney beans, drained

Instructions

1. Make a few cuts in the chicken thighs and pour the Jammin' JeRk marinade paste over the meat, rubbing it into all the crevices. For best results cover and leave to marinate overnight in the fridge.
2. Authentic jerked meats are smoke-grilled. To get an authentic jerk experience, add some wood chips to your barbecue, and cook your chicken over slow, indirect heat for 30 mins.
To oven bake, heat oven to 180C. Put the chicken pieces in a roasting tin with the limes and cook for 45 mins until tender and cooked through.
3. While the chicken is cooking, prepare the rice & beans.
Rinse the rice in plenty of cold water, then tip it into a large saucepan with all the remaining ingredients except the kidney beans. Season with salt, add 300ml cold water and set over a high heat. Once the rice begins to boil, turn it down to a medium heat, cover and cook for 10 mins.
4. Add the beans to the rice, then cover with a lid. Leave off the heat for 5 mins until all the liquid is absorbed. Squeeze the roasted lime over the chicken and serve with the rice & peas, and some Jammin' JeRk BBQ sauce to if you would like to add a spicy tangy flavour.