

# FIERY ISLAND STYLE CHICKEN

\*We used Walkerswood Hot Jamaican Scotch Bonnet Pepper Sauce with this Jamaican style dish. An earthy habanero based sauce would also work well here.

## Chicken - Ingredients

1 tsp thyme, chopped  
1/2 tsp all spice ground  
1 clove of garlic, minced  
2 tbs coconut oil  
1/2 tsp black pepper  
1/2 tsp salt  
zest of one lime  
3 tbs hot sauce  
2 chicken supremes

## Chicken - Method

1. Mix all ingredients in a bowl except chicken
2. Coat the chicken all over, marinate (3hrs - overnight)
3. Air fry at 180°C for approx 15min, skin up. Or roast in the oven at 190°C for approx 20min.

## Pickles - Ingredients

1 carrot - julienned  
1/2 red capsicum - sliced  
1/2 red onion - sliced  
1 tsp hot sauce  
5 x all spice berries  
3 x sprigs of thyme whole  
1/4 cup red wine vinegar  
2 tbs sugar

## Pickles - Method

1. Saute onion, capsicum and carrot lightly until softening.
2. Add remaining ingredients, bring to boil for 1minute.

Serve with rice or coconut rice and beans. Garnish with shallots or thyme.



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