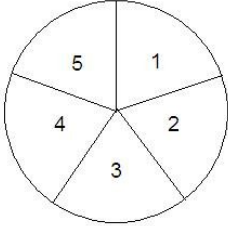


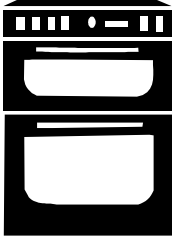
Jamaican Jerk Chicken

Serves 4

Portions of fruit & vegetables per serving: 0



Oven needed



| Ingredients | Amount | Preparation |
|--|----------------|---|
| chicken portions (breasts, thighs or drumsticks) | 3-4 | |
| garlic | 2 cloves | peeled |
| spring onions | 6 | peel off outer layer and chop off roots |
| red chilli peppers | 1-2 | seeds removed |
| lemon juice | 1 tablespoon | |
| honey | 1 dessertspoon | |
| low-salt soy sauce | 2 teaspoons | |
| cayenne pepper | 1 teaspoon | |
| dried thyme | 1 teaspoon | |
| ground cinnamon | 1 teaspoon | |
| ground nutmeg | ½ teaspoon | |
| black pepper | ½ teaspoon | |

Please Turn Over



Method

- 1 Place the chicken in a shallow dish.
- 2 Put the garlic, spring onions and chilli peppers in a blender or bowl if using a hand blender and blend for a few seconds until smooth.
- 3 Add the lemon juice, honey, soy sauce, cayenne pepper, thyme, cinnamon, nutmeg and black pepper and blend together.
- 4 Pour the sauce over the chicken and leave to marinate for at least 10 minutes, turning occasionally.
- 5 If baking, pre-heat the oven to 200°C / gas mark 6 and roast the chicken pieces for 20-30 minutes, until the meat juices run clear when pierced with a knife.

Alternatively, the chicken can be grilled for 20-25 minutes under a moderate grill. Turn frequently and spoon any spare marinade over each time you turn them.

Or, you can gently fry the chicken pieces in a non-stick frying pan with the marinade and no oil. Turn frequently and cook for 15 – 20 minutes.

| 158 calories | | Per serving |
|------------------|---------------|-------------|
| Fat | MEDIUM | 7.0g |
| Saturates | MEDIUM | 1.9g |
| Sugars | LOW | 4.0g |
| Salt | MEDIUM | 0.6g |

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Serve with salad or your favourite vegetables and rice, pasta or potatoes (sweet potato mash goes well).
- Turn this into tasty kebabs by using chicken breasts cut into cubes, then push onto skewers with cubes of your favourite vegetables, bake or grill until cooked through.
- This is a great BBQ dish! But make sure the chicken is cooked all the way through (meat juices run clear).

