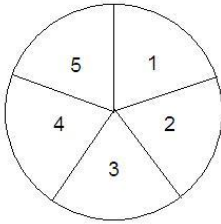


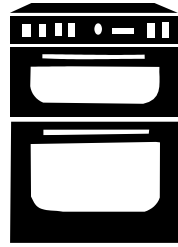
Jamaican Jerk Chicken

Serves 4

Portions of fruit & vegetables per serving: 0



Oven needed



Allergen information:

Allergens are in bold.

Contains soya

Contains cereals
containing gluten

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	$\frac{1}{2}$ teaspoon	
black pepper	$\frac{1}{2}$ 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).