

# Jerk Chicken



Preparation time: 20 minutes  
Cooking time: 30-40 minutes  
Serves: 3-4

## INGREDIENTS

- 6 Chicken fillets (or chicken on the bone)
- Ground allspice, thyme, x1 teaspoon
- Fresh garlic x 2 cloves crushed
- Onion x 1 small size, spring onion x a quarter cup chopped
- Ginger x 2 tablespoons grated
- Vinegar x half tablespoon
- Vegetable oil x 2 tablespoons
- Lime or lemon juice x half tablespoon
- Brown sugar (optional) x 2 teaspoons
- Scotch bonnet pepper or chilli to taste (chopped)
- Salt and ground black pepper to taste

## METHOD OF COOKING

- Combine all the ingredients in a bowl to form a thick paste
- Make length way slits in the chicken
- Rub the marinade all over the chicken and into the slits
- Cover with clear film and marinate in the fridge overnight or for some hours
- Remove any excess marinade before cooking
- Brush the chicken with oil and place on the grill, BBQ or in the oven
- Cook for about 20-30 mins, turning at intervals (cook for longer if on the bone)

## SERVING SUGGESTION

Serve with rice and peas, salad etc.



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