


Jerk Chicken

Serves: 4

Prep time: 15 minutes

Cook time: 15 minutes

 1 serve per portion

Ingredients

2 tablespoons olive oil
1 tablespoon reduced salt soy sauce
2 limes, juiced
2 teaspoons ground allspice
2 teaspoons dried thyme
1 teaspoon ground black pepper
1 teaspoon ground ginger
½ teaspoon ground nutmeg
1 brown onion, roughly chopped
2 spring onions, roughly chopped
1-2 chillies, roughly chopped
2 garlic cloves
1 tablespoon honey
4 skinless chicken thighs, fat trimmed
4 cups mixed salad leaves

Method

MAKE jerk seasoning by blending all ingredients except for the chicken and salad leaves in a blender until well combined and almost smooth.

COAT chicken in jerk seasoning in a medium bowl and let sit for 5-10 minutes or marinate overnight.

HEAT a non-stick fry pan over medium heat and add chicken to the pan.

GRILL chicken for 5-6 minutes on each side, or until chicken is browned and cooked through.

SERVE chicken with side salad.



Everyday Food

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada