

# Jerk Chicken with Rice and Peas

A celebration at Eva's is not complete without this dish. It's loved by all!

## Ingredients



### Jerk marinade:

- 4 cloves garlic or 2 tsp. garlic powder
- 2 inch piece ginger peeled and cut into chunks or 1 tsp. ground ginger
- 4 green onions trimmed and cut into chunks
- 1 sm. white onion peeled and cut into chunks
- 1 tsp. browning or 1 tsp. soya sauce
- 1 scotch bonnet (optional or more if you like spice), stem removed

- 1 tsp. dried thyme
- 1 tsp. allspice ground
- 1 tbsp. sugar
- 2 tbsp. oil
- Salt and pepper to taste
- 4 chicken thighs and legs or 8 thighs or 12 drumsticks

### Rice and peas:

- 1 tbsp. oil
- 1 lg. onion diced
- 1 can (15oz.) coconut milk (full fat)
- 1 can (15oz.) red kidney beans (do NOT drain or rinse)
- 2 bay leaves
- 1 tsp. dried thyme or 3 - 4 sprigs fresh
- 1 tbsp. soya sauce or ½ tsp browning
- 1 tsp. allspice
- Salt and pepper to taste
- 1 ½ cup parboiled rice





# 1

## Mix

In a blender, mix together all the jerk sauce ingredients. If you don't have a blender, chop up all ingredients and mix in a bowl.

# 2

## Combine, cover and refrigerate

Combine marinade and chicken in a bowl. Cover with plastic wrap and refrigerate overnight.

# 3

## Preheat, place and bake

Preheat oven to 400° F. Place chicken on parchment lined baking sheet and bake in the oven for 30 – 40 minutes or until chicken is brown and juices run clear.

# 4

## Heat, add ingredients, fry, boil and stir

To make rice, heat oil in a medium pot over medium-high heat. Add onions, and fry until softened. Add all the rest of the ingredients except the rice and add 1 cup of water. Bring to a boil. Add rice and stir well. Make sure rice is completely submerged with liquid or else add an extra ½ cup of water.

# 5

## Reduce heat, cover and cook

Reduce heat to low, cover and cook for 20 minutes without removing the lid. Turn off the heat and let sit for 5 minutes. Fluff the rice with a fork and serve with chicken.

### Tips & Tricks

- Of course using a bottle of pre-made jerk marinade speeds up the process.
- Using a small knife, make cuts into the chicken flesh to allow the marinade to get into the chicken.
- Serve with a side of coleslaw for a complete meal.