



Jerk chicken with rice and peas

Ingredients

This recipe makes 12 child-size portions of about 50g

- 800g chicken breast fillets

For the jerk seasoning:

- 1 tablespoon ground allspice
- 1 tablespoon dried thyme
- 1 teaspoon cayenne pepper
- 1 teaspoon black pepper
- 1 teaspoon ground cinnamon
- 2 cloves garlic, crushed
- 3 tablepoons vegetable oil

Rice and peas:

- 1 large can (400g) kidney beans , drianed
- 1 teasponn dried thyme
- 1 teaspoon white pepper
- ½ medium sized onion, diced
- 550ml water
- 300g basmati rice

How to cook me

1. Cut the chicken into thin strips
2. Mix together the jerk seasoning ingredients and mix well with the chicken. Leave covered in the fridge for at least an hour.
3. Place the chicken strips on a baking tray and cook at 220C/425F/Gas 7 for about 30 minutes, turning half way through cooking and ensure chicken cooked through.

Rice:

1. Place all ingredients except for the rice into a saucepan, bring to the boil
2. Add the rice and stir.
3. Boil rapidly for 3-4 minutes, then lower the heat and simmer gently for 10-12 minutes, stirring occasionally until the rice is tender.

