

Jerk Chicken

Ingredients:

- 4 Chicken breasts
- A packet of jerk seasoning
- One red pepper, chopped into wedges
- One green pepper, chopped into wedges
- One red pepper, chopped into wedges
- Vegetable Oil



Equipment:

- Spoon
- Oven proof dish
- Oven

Serves: 4

Prep time: 15 minutes
(plus marinating time)

Cooking time: about 45 minutes

Method:

1. Make three slits in the chicken breast, trying not to go all the way through to the other side. Doing this helps the jerk flavour get all the way into the meat.
2. Place the chicken breasts in an oven proof dish and add the jerk season and a drizzle of oil. Massage the seasoning into the chicken breasts so that they are all covered. Wash your hands after you have done this.
3. Cover the dish with cling film or foil and place it the fridge for at least one hour, but ideally overnight.
4. When you are ready to cook the chicken, preheat the oven to 180 degrees.
5. Remove the chicken from the fridge and add the onions and peppers to the dish.
6. Cook in the oven for 35-45 minutes, or until the chicken is cooked through.

Serving suggestion:

- This is great with rice or sweet potato wedges.

Why not try:

- You could cut the chicken into strips and cook for 20 minutes. This could then be served in wraps or pitta breads, with salad and cheese.