



## Easy jerk chicken with rice and peas

Serves 4

### Jerk Chicken

- 2-3 tsp jerk seasoning (you can add more than this if you like spicy food)
  - 1 tbsp light soy sauce
  - 4 tbsp tomato ketchup
  - 2 tbsp honey
  - 8 chicken pieces (thighs or drumsticks) skin removed
  - A little vegetable oil, for greasing
1. Put the jerk seasoning, soy sauce, tomato ketchup and honey into a big bowl and mix everything together.
  2. Carefully cut slits in the chicken meat, without cutting all the way through. Put the chicken into the jerk mixture and move the chicken around so that it is coated in the seasoning. Wash your hands thoroughly. Cover and put in the fridge for at least 20 minutes, or overnight if possible.
  3. Turn the oven on to 190°C/fan170°C/gas 5. Spoon the chicken and all the marinade into a heavy-based roasting tin lightly greased with a little oil.
  4. Cook for around 30 minutes. To check it's cooked through, cut one of the pieces open and make sure it's not pink. If it is cook for another 5 minutes and try again

### Rice and Peas

- 400g can kidney beans rinsed and drained
  - 400ml can coconut milk
  - ½ tsp dried thyme
  - ½ tsp ground allspice
  - 6 spring onions sliced
  - 200g long grain rice
1. Put the beans, coconut milk, thyme, allspice, 4 of the spring onions and 100ml water in a saucepan and bring to a simmer. Season with plenty of salt and black pepper.
  2. Rinse the rice a few times in a sieve until the water runs clear.
  3. Tip into the pan and simmer for 10 mins over a medium heat, stirring occasionally, before lowering the heat.
  4. Put the lid on and cook for another 5 mins until the grains are tender and the liquid has been absorbed. Fluff up the rice with a fork before serving and scatter with the reserved spring onions.