



JERK CHICKEN WITH RICE & GARDEN PEAS

DIRECTIONS

INGREDIENTS

- 2-3 tsp jerk seasoning
- 1 tbsp light soy sauce
- 2 tbsp honey
- A bag of garden peas
- 4 tbsp tomato ketchup
- 8 chicken breast, cut into small strips
- 1-2 tsp veg oil

01 Preheat oven to 190C/170C fan/ gas 5

02 Put the jerk seasoning, soy sauce, honey & ketchup in bowl and mix until combined

03 Place the chicken into the liquid seasoning mix and coat all the chicken well with a spoon

04 Leave to marinade for 20 minutes. You can marinade overnight if you have time before

05 Heat oil in large pan. Add the chicken & cook fully then serve with steamed rice mixed with garden peas

*For vegetarian, use the same method as above but omit chicken for peppers, courgette, thinly sliced carrot & red onion

PREP TIME

- Prep time: 30 - 35 minutes

SERVINGS

- Serves: 16