

★ U.K. ★ BBQ ★ Week ★ 19TH - 28TH AUGUST 2017



Direct grill



10 mins*



£7



4 servings

RECIPE

Jerk Chicken



INGREDIENTS

4-6 chicken breasts (you can also use thighs or drumsticks)
1 tsp ground allspice
1 Tbs black peppercorns (ground)
½ tsp cinnamon
½ tsp ground nutmeg
1 Tbs fresh thyme leaves, chopped
4 spring onions, chopped (use the white part and most of the green)
1 tsp freshly grated ginger
2-3 chillies depending on how hot you like it
1 Tbs dark brown sugar
1 tsp salt
2 Tbs dark soy sauce
Juice of 1 lime

METHOD

1. Put all the ingredients (except chicken) in a mini chopper and finely chop.
2. Marinate your chicken in the mix for up to three hours in the fridge.
3. Set up your BBQ for direct grilling and cook the chicken over a hot grill until it reaches an internal temperature of 165°F or 74°C, turn when necessary to prevent burning.
4. Serve with Watermelon and Strawberry Salsa or some hot sauce.

*Cooking time, recipe requires 10 mins preparation and up to 3 hours marinating

Recipe from Chillin N Grillin NI. Check us out on Facebook: [Chillin N Grillin NI](#) or Twitter [@grillin_ni](#)