DietCloud – Recipe

Recipe Name: Jerk Chicken With Rice And Peas Pilaf Recipe

Diet Type: Non-Vegetarian

Course: Main Course

Cuisine: Caribbean

Quantity:



Ingredients

Ingredient	Quantity
• 1 kg Chicken - (thigh and drumstick) • 2 tablespoons Sunflower Oil • 1 Barbeque sauce - or bottle jerk barbecue sauce • Spring Onion (Bulb & Greens) - a bunch • 1 teaspoon Lemon juice • 250 grams Basmati rice • 1 cup Green peas (Matar) • 1 cup Coconut milk • 1/2 cup Spring Onion (Bulb & Greens) - finely chopped • 1 sprig Fresh Thyme leaves • 2 cloves Garlic - fine chopped • 1 Bay leaf (tej patta) • 1 teaspoon All spice powder	2

Preparation

• To begin making Jerk Chicken With Rice And Peas Recipe, pre heat oven at 200 degree C.

• Take oil in a roasting pan and heat in oven for 5 minutes.

• Take out the pan carefully & add the chicken pieces.

• Place the tin inside the oven and roast it for 6-8 mins till brown from all sides.

• Carefully pour the barbecue sauce all over the browned chicken and scatter over the sliced spring onions.

• Roast the chicken in the oven for 20 mins, turn it occasionally so that it gets nice and sticky.

• Meanwhile, to make the rice & peas pilaf.

• In a pan add 2 cups of water, coconut milk, spring onions, thyme, garlic, bay leaf, allspice powder and some salt to taste and bring it to a boil.

• Add rice and peas into it and simmer for 10 mins.

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- Cook the rice till it is tender and turn off the heat.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)