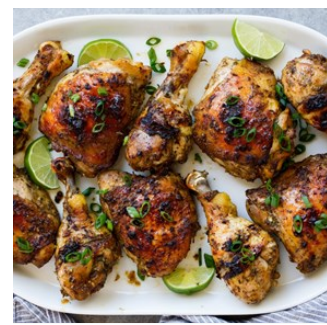


# Jerk Chicken



Serves: 5

Time: 4 hours 5 min

## Instructions

- 1:**  
Place chicken in a resealable bag. Place remaining ingredients (except lime wedges and 1 of the spring onions) in a food processor.
- 2:**  
Add this mixture to the chicken bag and leave the marinade for at least 2 hours and up to 1 day.
- 3:**  
Preheat oven to 190°, and line a large baking tray with tin foil.
- 4:**  
Arrange the chicken on the baking tray, spaced apart, and either spray or brush with oil.
- 5:**  
Bake for at least 45 minutes, until cooked thoroughly.

## Notes

The chicken can also be cooked on a barbeque, for around 30 minutes, turning regularly to avoid burning.

## Ingredients

- 6**  
Bone-in skin on chicken pieces, thighs and legs, trim excess fat and skin
- 3**  
Spring onions, chopped
- 2**  
Cloves of garlic, chopped small
- 1**  
Chilli pepper, ideally habanero or scotch bonnet
- 1 inch**  
Fresh ginger, finely sliced
- 2**  
Limes, one juiced, one in wedges
- 1 tsp**  
Soy sauce
- 1/2 tbsp**  
Brown sugar
- 1 tbsp**  
Fresh thyme, chopped
- 1/2 tsp, each**  
Black pepper; allspice
- 1/4 tsp, each**  
Ground cinnamon; ground nutmeg