

Modified Caribbean Jerk Chicken



Provides 6-7 servings. Preparation time is 60 minutes

Ingredients:

1 large pack chicken drumsticks (1.3kg), skinless
 1-2 Tablespoons homemade jerk seasoning (a blend of onion, garlic, thyme and ginger)
 1/2 Teaspoon reduced salt all purpose seasoning
 2 Teaspoons Jerk seasoning marinade in a jar
 4 Sprays olive oil
 120 White vinegar
 A cup of water
 1 Lemon, squeeze to juice

Homemade jerk seasoning: A blend of 1 scotch bonnet pepper, 1 root ginger, 2 stems thyme, 2 cloves garlic, 2 spring onions, 1 tsp lemon juice, ½ tsp black pepper.

Preparation method:

Mix the vinegar, lemon and water and use it to wash the skinless drumsticks. Drain excess solution and add the remaining ingredients to the drumsticks and mix thoroughly for about 3 minutes. Leave to marinate for about 30 minutes or overnight in a fridge. Pre heat oven to 200C. Grease shallow baking tray with 4 sprays of olive oil spray. Place the marinated chicken on the tray and put it in the oven to cook at 150C (you may need to do this in batches), for 45 minutes or until the chicken is brown and slightly crispy.

Nutritional information per 100g of edible portion:

Energy (kcal / kJ)	72kcal/306kJ
Total Fat (g) <i>of which saturated fatty acids (g)</i>	1.5 0.4
Carbohydrates (g) <i>of which sugars (g)</i>	2.0 0.7
Dietary fibre (g)	0.5
Protein (g)	13
Salt (g)	0.29

Each 250g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
181 kcal 765kJ	3.7 g	0.9 g	1.7 g	0.73 g
9%	5%	5%	2%	12%

of an adult's reference intake