

Jerk Chicken Bowls



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Recipe by: Laura Vitale

Serves 4

Prep Time: 20 minutes
Cook Time: 25 minutes

Ingredients

For the seasoning mix:

- 1 Tbsp of Granulated Garlic
- 1 Tbsp of Granulated Onion
- 1 Tbsp of Dried Thyme
- 2 tsp of Ground Allspice
- 2 tsp of Chili Powder
- 1/4 tsp of Cayenne Pepper
- 1 Tbsp of Brown Sugar
- 2 tsp of Ground Black Pepper
- 1/2 tsp of Ginger
- 1/2 tsp of Nutmeg
- 1/2 tsp of Cinnamon

For the Chicken:

- 1lb of Boneless, Skinless Chicken Breast, cut into bite size pieces
- 1 Tbsp of Olive Oil plus a touch more
- Salt to taste

For the Salsa:

- 1 cup of Diced Mango
- 1 cup of Diced Pineapple
- 1 Red Bell Pepper, diced
- 1/2 of a Jalapeno, finely minced
- 1/2 cup of Fresh Cilantro, chopped
- Juice of 1/2 or 1 Lime
- Salt to taste

For the Coconut Rice:

- 1 1/2 cups of Long Grain Rice
- 2 cups of Chicken Stock
- 1 cup of Coconut Milk
- Salt to taste

1) In a bowl, mix all the ingredients for the salsa, cover and refrigerate until ready to serve.

2) Mix together all the spices, sprinkle about half of it on the chicken (use your judgment, if you feel like you might need more then add the rest) along with one tbsp of oil, toss to coat and set aside.

3) Next, move onto the rice, in a saucepan, add the stock and coconut milk along with a pinch of salt, bring to a boil, cover, reduce the heat to low and simmer for about 15 minutes or until tender, but meanwhile, cook the chicken.

4) Preheat a large skillet over medium high heat, add a drizzle of oil and cook for about 3 to 4 minutes per side or until fully cooked through.

5) When ready to serve, make your bowls, start with the rice followed by the chicken and salsa, enjoy!

