

Chef Selwyn's Jerk Chicken



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Jerk Chicken

Ingredients

- 6 boneless chicken breasts or thighs
- 3 tablespoons Grace Jerk Seasoning
- 2 tablespoons tomato ketchup
- 1 teaspoon chopped garlic
- 1 teaspoon chopped thyme
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons soy sauce
- 3 tablespoons vegetable oil



Method

Combine all ingredients together in a bowl, mix well and let marinate in fridge for 4 hours to 24 hours.

Cook chicken in oven at 375 degrees F for 30 minutes, turning once.

Chicken can also be cooked on the grill with medium heat, turning often until done.

