

Jerk Chicken and Plantains

Chef Jorian Blair



The Ingredients

- 1lb boneless skinless chicken thighs
- 3 scallion
- ¼ cup onion
- ¼ cup red pepper
- 1.5 jerk seasoning
- 1 tablespoons fresh thyme
- 1 tablespoon browning seasoning
- Salt and pepper to taste
- Sweet Plantains

The Directions

1. clean chicken thighs and cut off the extra fat.
2. Dry chicken off, place in a large bowl then add all dry seasoning into the bowl
3. Cut onion into thin slices
4. Julienne the peppers
5. Mix all together with the chicken in a large bowl
6. Add browning seasoning to the mixture of chicken and vegetables, and mix it up
7. Place items from the bowl onto a sheet tray
8. Add chicken to sheet tray and place in the oven for 35 mins
9. Remove after 35 min and enjoy!
10. Cut the plantains into thin slices and lightly pan-fry until soft and browned

