

Aspens


FEED YOUR
FAMILY
FOR £5



JERK CHICKEN WITH RICE AND BEANS



INGREDIENTS

Main Ingredients	Cost £	Veggie Switch	Cost £
1 x 1kg Chicken Legs	£2.50	1 x XL Cauliflower	£1.80
300g Long Grain Rice	£0.38		
400g Kidney Beans	£0.49		
400g Baked Beans	£0.45		
30g Schwartz Jerk Seasoning	£1.17		
TOTAL COST	£4.99		£4.29

Prices correct at time of printing and may vary. All items available from leading supermarkets.

Please observe the allergen information on the product packaging.

Based on a family of four.

View our
video online



THE CHICKEN

1.

Pre heat the oven to 180°C

3.

Coat all the drumsticks in 20g of the jerk seasoning and a drizzle of oil.

2.

Slash the chicken legs with a sharp knife to make some deep ridges for the marinade to soak into.



4.

Leave to marinade covered in the fridge for an hour or two.

5.

Roast in the oven for approx 30 minutes and until the core temperature is a minimum of 75°C.



VEGGIE SWITCH

For a great veggie version, switch out the chicken for cauliflower.

- Remove the outer leaves and cut into large disks/steaks.
- Use 20g of jerk seasoning
- Cook for 20mins until golden instead of 35mins.



MEANWHILE...

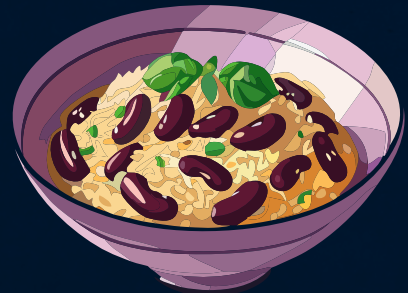
THE RICE

6.

While the chicken is cooking, wash and boil the rice, seasoning the cooking water with half of the remaining 1/3 of jerk seasoning.

7.

5 minutes before the rice is finished cooking add the tin of drained kidney beans.



- Good for the planet



- Good for you

THE BEANS

8.

Add the baked beans to a heat proof bowl and add the remaining half of the 1/3 of the jerk seasoning.

9.

Place in the microwave until heated through.

ASSEMBLE THE MEAL

Remove the chicken from the oven when golden, crispy and a minimum of 75°C. Add the remaining fat and cooking juice from the chicken into the rice before serving them.

