

# Juici JERK

## #JUICIDIY

THANKS FOR GRABBING ONE OF OUR DIY COOK AT HOME MEAL BOXES. YOU WILL FIND EVERYTHING IN THIS BOX TO WHIP UP SOME OF YOUR FAVOURITE JUICI JERK SPECIALS.

## THE JUICI JERK

*Feeds 2*

Box Contents:

- |  |   |
|--|---|
| <b>01.</b> Marinated boneless chicken thighs | <b>08.</b> Jerk BBQ sauce                 |
| <b>02.</b> Rice and peas                     | <b>09.</b> Uncle wray sauce (rum & honey) |
| <b>03.</b> Plantain Fries                    | <b>10.</b> Jerk mayonnaise                |
| <b>04.</b> Festival dough                    | <b>11.</b> Spring onion                   |
| <b>05.</b> Macaroni cheese                   | <b>12.</b> Red chilli                     |
| <b>06.</b> Coleslaw                          | <b>13.</b> Flat parsley                   |
| <b>07.</b> Fruit punch                       | <b>14.</b> Lime                           |

## PREP GUIDE

*Read the instructions in full before starting*

### COLESLAW

Empty coleslaw into a mixing bowl ready to serve. Finish off with a bit of chopped parsley.

### FESTIVALS

To shape your festivals, tear off a small piece and roll into long oblong shapes with about 2cm thickness.

### GARNISH

Cut up the spring onion, red chillies, flat parsley and we've even thrown in a lime if you really want to pull out all the stops! This is to give your dish a little pizzazz ready to show off.

# COOKING GUIDE

*Read the instructions in full before starting*

**LET'S FACE IT, COOKING YOUR CHICKEN ON CHARCOAL IS THE REAL DEAL. BUT DON'T WORRY WE ALSO GOT YOU COVERED IF YOU'RE CREATING MAGIC IN YOUR OVEN.**

## MARINATED CHICKEN THIGHS

### OVEN:

Preheat the oven to 180C Fan / 200C / Gas 7. Place the marinated jerk thighs on a foil lined baking tray in the middle shelf and bake for 30 minutes, or until cooked, turning a few times during cooking. Stick a sharp knife into the thickest part of the chicken, the juices should run clear. **Just before finishing, glaze with the Jerk BBQ sauce for that Juici flavour!**

Remove and glaze the thighs again with some more of that sauce before serving.

### BBQ MASTER:

Load up the BBQ with charcoal, light and allow to cool down (till the coal turns a likkle ashy/orange with no flames). We want the chicken smoky & charred but not overdone. Alternatively, you can use a gas BBQ.

Place the thighs on the grill and turn every 5-10 minutes depending on the heat. Repeat this 2-4 times or until cooked. Stick a sharp knife into the thickest part of the chicken, the juices should run clear. **Just before finishing, glaze with the Jerk BBQ sauce for that Juici flavour!**

Remove and glaze the thighs again with some of that sauce before serving.

## MAC & CHEESE

Half-way through cooking your chicken, place your mac & cheese in the oven 180C Fan / 200C / Gas 7C for 15-20 minutes depending how crispy you like that cheese.

## PLANTAIN

Grab a frying pan and put enough oil for shallow-frying and place over a low to medium heat. Once hot, add the plantain (don't overcrowd the pan) turning every 2-3 minutes until golden. Remove from the oil then drain on kitchen towel.

## FESTIVALS

Using the same oil from the plantain, add the festivals (don't overcrowd the pan) turning every 30 seconds until golden making sure they are cooked throughout. Remove from the oil then drain on kitchen towel.

## RICE AND PEAS

Pierce the packet of the rice and peas and cook on full blast in a microwave for 5 minutes or until piping hot. Alternatively stir fry on a low fire until piping hot.

**THAT'S ALL YOUR COOKING DONE, GET EVERYTHING ON A PLATE AND ENJOY!**

## FRUIT PUNCH

Chill until ready to serve.

**RUM ME UP;** Even better converted to a rum punch with a shot of wray & nephew Jamaican rum or your chosen spirit.

\*\* note its best to finish cooking before the drinking starts.

## SIGNATURE SAUCES

Your signature Juici Jerk sauces can be used for seasoning, cooking and as a dipping sauce and can be saved for a later date.

# THAT'S A WRAP!

📷 @JUICI\_JERK 🐦 @JUICIJERK

**DON'T FORGET TO USE #JUICIDIY AND STAY POSTED FOR UPDATES AND DISH INSPO**