Ben's Original™/MC

Jerk Chicken with Cilantro & Lime Flavour Rice & Black Beans
RECIPE

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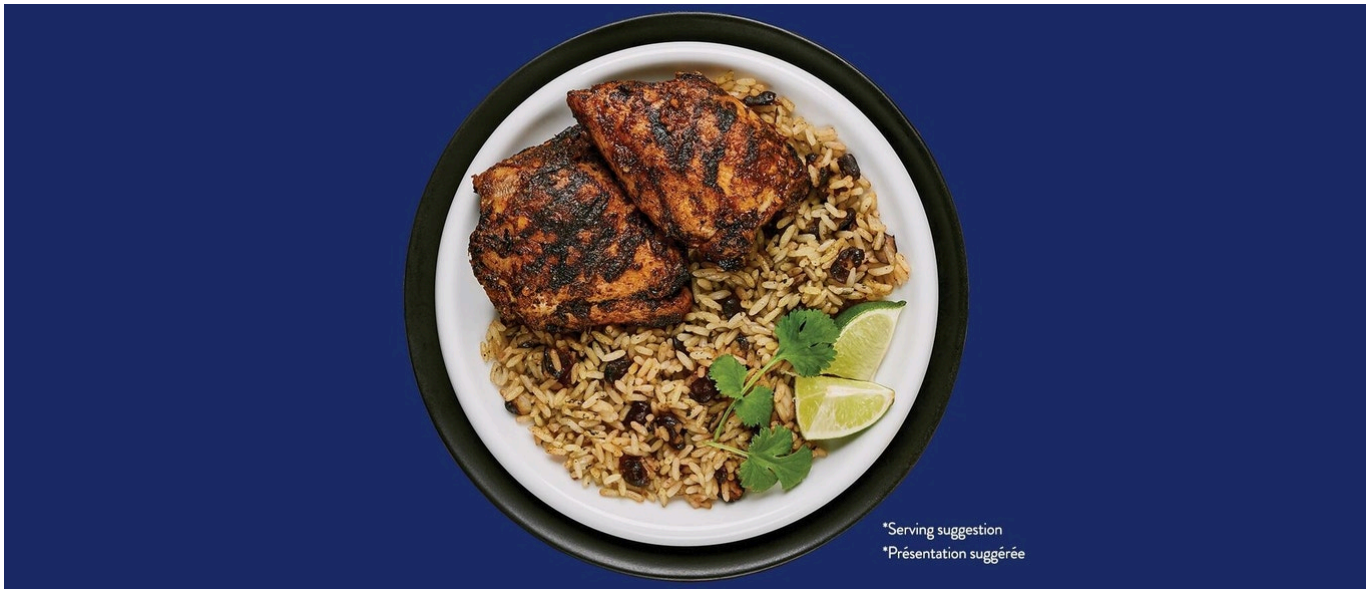

TIME	20 min
INGREDIENTS	7 items
MAKES	4 servings

Give your dinner plates a real kick with quick and easy chicken marinated in jerk seasonings and paired with flavourful cilantro, lime and black bean rice. A taste of the Caribbean – ready to serve in 20 minutes.

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INGREDIENTS

- 2 pouches (each 240 g) BEN’S ORIGINAL™ RICE & PULSES Cilantro & Lime Flavour Rice & Black Beans

- 1 lb (500 g) Chicken thighs, boneless, skinless
- 2 Tbsp (30 mL) Jerk Seasoning*
- 2 tsp each (10 mL) Canola oil
- 2 cups (500 mL) Chopped red pepper
- 1 cup (250 mL) Chopped onion
- 1 cup (250 mL) Pineapple chunks – canned or fresh

* Jerk Seasonings range from mild to hot. Taste the seasoning before adding it to the chicken to determine what heat level your family can handle and add more or less as desired.

INSTRUCTION

1. Toss chicken thighs with seasoning and allow to marinate for 5 minutes.
2. In a large non-stick skillet, heat 1 tsp (5 mL) oil over medium high heat. Add vegetables and pineapple and stir-fry for 5 minutes or until tender and beginning to brown.Transfer to a bowl or plate and keep warm.
3. To the same skillet heat 1 tsp (5 mL) oil over medium-high heat. Add chicken, flattening the thigh to maximize surface touching the pan (and therefore more caramelization and faster cooking). Cook for 5-7 minutes per side until internal temperature of 165ºF.
4. Heat BEN’S ORIGINAL™ RICE & PULSES Cilantro & Lime Flavour Rice & Black Beans according to package directions. Enjoy!

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 472
- Carbohydrates (g) 48 g
- Dietary Fiber (g) 7 g
- Protein (g) 33 g
- Total Fat (g) 16 g
- Sodium (mg) 760 mg

CATEGORIES :

Chicken, less than 20, Ready to Heat Rice

MORE RECIPES LIKE THIS



One Pan Cajun Chicken

Cooking time

20 min

Ingredients

5 items



BBQ Chicken Ranch Bowl

Cooking time

20 min

Ingredients

10 items



Sizzling Tandoori Chicken with Basmati Rice

Cooking time

30 min

Ingredients

9 items

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