

Jerk Chicken



Serves 4 Prep 1h marinating Cooking 35 mins Easy

Ingredients

4 large chicken legs, skin on, cut into drumsticks and thighs and scored
Olive oil, for frying
2 tbsp Worcestershire sauce
Rice, to serve
4–5 thyme sprigs, to garnish (optional)

For the marinade

1 tsp ground cloves
1 tsp ground cinnamon
1 tsp ground nutmeg
2 tsp ground allspice
5–7 thyme sprigs, leaves only (± 2 tbsp)
Freshly ground black pepper
Olive oil

1. Preheat the oven to 220°C/Gas 7. First prepare the marinade by combining all the ingredients with a good grinding of black pepper and a dash of oil. Rub the marinade into the chicken pieces, massaging it into the scored meat. Leave to marinate for at least 1 hour or overnight.
2. Heat a large ovenproof pan over a medium-high heat and add a dash of oil. Fry the chicken pieces for about 10 minutes until golden brown on all sides. Add the Worcestershire sauce and cook for 2 minutes.
3. Cover with an ovenproof lid or foil and place in the preheated oven for 20 minutes until cooked through (if your pan isn't ovenproof, simply transfer the chicken to a roasting tray). Remove the foil for the last 5 minutes if the chicken needs colouring a little more. Serve the chicken hot with rice.