**On the menu: Jerk Chicken Jamaica**

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| **Ingredients & Equipment** * 6  boneless chicken thighs
* 1 [lime,](https://www.bbcgoodfood.com/glossary/lime-glossary) halved

For the marinade* 1 big bunch [spring onions,](https://www.bbcgoodfood.com/glossary/spring-onion-glossary) roughly chopped
* 1 chilli if you like
* thumb-sized [piece ginger,](https://www.bbcgoodfood.com/glossary/ginger-glossary) roughly chopped
* 3 [garlic cloves](https://www.bbcgoodfood.com/glossary/garlic-glossary)
* ½ a small [onion](https://www.bbcgoodfood.com/glossary/onion-glossary)
* ½ tsp [dried thyme,](https://www.bbcgoodfood.com/glossary/thyme-glossary) or 1 tbsp thyme leaves
* 1 [lime,](https://www.bbcgoodfood.com/glossary/lime-glossary) juiced
* 2 tbsp [soy sauce](https://www.bbcgoodfood.com/glossary/soy-sauce-glossary)
* 2 tbsp vegetable oil
* 3 tbsp [brown sugar](https://www.bbcgoodfood.com/glossary/sugar-glossary)
* 1 tbsp ground allspice
* 200g [basmati rice](https://www.bbcgoodfood.com/glossary/rice-glossary)
* 400g can [coconut milk](https://www.bbcgoodfood.com/glossary/coconut-milk-glossary)
* Handful of frozen peas

**You’ll also need:** Frying pan, mixing bowl, food blender  | **Method*** **STEP 1**

To make the jerk marinade, combine the spring onions, ginger, garlic, onion, thyme, lime juice, soy sauce, vegetable oil, brown sugar and ground allspice in a [food processor](https://www.bbcgoodfood.com/content/test-five-best-food-processors) along with 1 tsp salt, and blend to a purée. If you’re having trouble getting it to blend, just keep turning off the blender, stirring the mixture, and trying again. Eventually it will start to blend up – don’t be tempted to add water, as you want a thick paste.* **STEP 2**

Taste the jerk mixture for seasoning – it should taste pretty salty, but not unpleasantly, puckering salty. You can now add chillies if you like. If it tastes too salty and sour, try adding in a bit more brown sugar until the mixture tastes well balanced.* **STEP 3**

Make a few [slashes](https://www.bbcgoodfood.com/content/top-five-cooks-knives) in 12 chicken thighs and pour the marinade over the meat, rubbing it into all the crevices. Cover and leave to marinate in the fridge.**STEP 4**To cook in the oven, heat to 180C/160C fan/gas 4. Put the chicken pieces in a [roasting tin](https://www.bbcgoodfood.com/review/test-five-best-roasting-tins) with the halved lime and cook for 45 mins until tender and cooked through.* **STEP 5**

While the chicken is cooking, prepare the rice & peas. Rinse the basmati rice in plenty of cold water, then tip it into a large [saucepan](https://www.bbcgoodfood.com/content/five-best-saucepans). Add the coconut milk **STEP 6**Season with salt, add 300ml cold water and set over a high heat. Once the rice begins to boil, turn it down to a medium heat add the peas and cover and cook for 10 mins. **STEP 7**Squeeze the roasted lime over the chicken and serve with the rice & peas, and some hot sauce if you like it really spicy. |
| **\Plan Ahead****Preparation:** We’ll be making and cooking a delicious meal together with Chef Gavin.If it would help the people you support, there are opportunities to prepare some of the more challenging tasks before the session. **Managing Risk**: We’re frying on the hob. This will mean the possibility of oil spitting so please be careful By reviewing the method *(see right hand column)* ahead of the session, you can safely plan these activities in advance. |

 **Top Tips**

* **Put the people you support in control:** Try to give them as many opportunities as possible to independently lead this activity and enjoy the experience of cooking.

If they struggle with some parts, adapt the activity so they can still help make their meal with your support, guidance, and encouragement.

* **Make every moment matter:** Try and make this session fun and engaging. Celebrate successes by give encouragement. Enjoy the sensory experiences of cooking. Engage them in seeing their raw ingredients transform into a delicious meal.
* **Make this the start of something special:** After they’ve cooked their meal, make eating it a special experience! Hopefully, they can enjoy eating a lovely home-cooked treat. Are there any people they’d like to save some for or to taste it?
Try this recipe again soon. The more that you practice, the better their cookery skills will develop. You can watch the session again on our activities site.
* **Promoting Life Skills –** What other life skills can this develop? From this activity, you have an opportunity to explore shopping, budgeting, cleaning, setting a table, hosting a meal and more! Use these cookery sessions as a way to inspire further progress.