

Jerk Chicken with Rice and Beans

| Recipe group | Additional name | Diet factors | Portions | Portion size |
|--------------|-----------------|--------------|----------|--------------|
| - | | | 25 | 11.41 oz |

| | Capacity measure | EP | Trim loss | AP | Name of ingredient |
|---|------------------|--------------|-----------|--------------|--|
| 1 | 6 1/4 tsp | 0 lb 0.42 oz | 0% | 0 lb 0.42 oz | Spices, allspice, ground |
| | 6 1/4 tbsp | 0 lb 1.49 oz | 0% | 0 lb 1.49 oz | Spices, ginger, ground <i>1-inch piece of fresh ginger</i> |
| | 3 1/8 tsp | 0 lb 0.10 oz | 0% | 0 lb 0.10 oz | Spices, thyme, dried, whole leaf |
| | 3 1/8 tsp | 0 lb 0.24 oz | 0% | 0 lb 0.24 oz | Spices, onion powder |
| | 3 1/8 tsp | 0 lb 0.39 oz | 0% | 0 lb 0.39 oz | Spices, garlic, granulated |
| | 3 1/8 tsp | 0 lb 0.31 oz | 0% | 0 lb 0.31 oz | Salt, kosher, Diamond Crystal |
| | ~ 3 1/4 tbsp | 0 lb 1.38 oz | 0% | 0 lb 1.38 oz | Sugars, granulated |
| | ~ 3 1/4 tbsp | 0 lb 1.81 oz | 0% | 0 lb 1.81 oz | Tomato paste |
| | 6 1/4 tbsp | 0 lb 3.33 oz | 0% | 0 lb 3.33 oz | Lime juice, raw |
| | 6 1/4 tbsp | 0 lb 3.00 oz | 0% | 0 lb 3.00 oz | Vegetable oil |
| | ~ 1 5/8 tsp | 0 lb 0.15 oz | 0% | 0 lb 0.15 oz | Spices, pepper, white |
| | ~ 1 1/2 cup | 0 lb 3.91 oz | 0% | 0 lb 3.91 oz | Green onions, tops only, chopped |
| | 2 2/3 tbsp | 0 lb 0.50 oz | 0% | 0 lb 0.50 oz | Spices, pepper, red or cayenne <i>1/2-1 pepper, depending on desired heat</i> |
| | ~ 1 tbsp | 0 lb 0.66 oz | 0% | 0 lb 0.66 oz | Soy sauce made from soy (tamari) |

JERK CHICKEN

In a food processor, combine all of the jerk chicken ingredients except for the Hungry Planet Chicken. Process into a paste. Reserve 1 ½ tablespoons of the seasoning in another small bowl and set aside. Pour the remaining seasoning over the chicken and gently toss to coat all pieces.

| | Capacity measure | EP | Trim loss | AP | Name of ingredient |
|----------|---------------------|--------------|-----------|--------------|-------------------------------------|
| 2 | 3 lb 2.00 oz | | 0% | 3 lb 2.00 oz | Hungry Planet Diced Grilled Chicken |
| | 6 1/4 tbsp | 0 lb 3.00 oz | 0% | 0 lb 3.00 oz | Vegetable oil |

Heat a large skillet or dutch oven over medium-high heat and add 2 tablespoons of oil. When hot, add the seasoned chicken to the pan and sear until the chicken pieces are dark brown, but not burned (1-2 minutes, flipping halfway through).

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Remove from heat and transfer the chicken to a plate. Set aside. If there are lots of bits stuck to the pan, deglaze with a small splash of lime juice and scrape these flavorful bits onto the plate with the chicken.

| | Capacity measure | EP | Trim loss | AP | Name of ingredient |
|----------|---------------------|---------------|-----------|---------------|--------------------|
| 4 | ~ 1 1/2 pt | 0 lb 13.91 oz | 0% | 0 lb 13.91 oz | Onion, diced |
| | 6 1/4 tbsp | 0 lb 3.00 oz | 0% | 0 lb 3.00 oz | Vegetable oil |

RICE AND BEANS

Meanwhile, prepare the rice and beans. Return the skillet to medium heat and add the remaining 2 tablespoons of oil. Add the onion and saute until translucent, about 2 minutes.

| | Capacity measure | EP | Trim loss | AP | Name of ingredient |
|----------|---------------------|--------------|-----------|--------------|-----------------------|
| 5 | ~ 1/3 cup | 0 lb 0.06 oz | 0% | 0 lb 0.06 oz | Thyme, fresh, chopped |
| | ~ 1/2 cup | 0 lb 2.48 oz | 0% | 0 lb 2.48 oz | Garlic, raw, chopped |
| | ~ 2 1/4 tbsp | 0 lb 0.19 oz | 0% | 0 lb 0.19 oz | Spices, bay leaf |

Add the garlic, bay leaves, and thyme, and fry until fragrant but not burned (no more than 60 seconds).

| | Capacity measure | EP | Trim loss | AP | Name of ingredient |
|----------|---------------------|---------------|-----------|---------------|---|
| 6 | 3.1 ea | 0.66 oz | 0% | 0.66 oz | Lemon, zested |
| | ~ 1 5/8 qt | 2 lb 8.79 oz | 0% | 2 lb 8.79 oz | Rice, white, long-grain, regular, raw, unenriched |
| | ~ 1 1/4 qt | 2 lb 10.19 oz | 0% | 2 lb 10.19 oz | Coconut milk |
| | 1 7/8 qt | 3 lb 0.44 oz | 0% | 3 lb 0.44 oz | Beans, kidney, red, mature seeds, raw |
| | | 0.00 lb | 0% | 0.00 lb | Salt, kosher, Diamond Crystal |
| | | | | | <i>Add additional to taste (optional)</i> |
| | 1 3/4 qt | 3 lb 8.25 oz | 0% | 3 lb 8.25 oz | Vegetable stock |
| | 6 1/4 tsp | 0 lb 0.49 oz | 0% | 0 lb 0.49 oz | Peppers, hot chili, red, raw |
| | | | | | <i>One whole pepper, not chopped</i> |
| | 3 1/8 tsp | 0 lb 0.25 oz | 0% | 0 lb 0.25 oz | Smoked paprika |
| | 6 1/4 tbs | 0 lb 2.98 oz | 0% | 0 lb 2.98 oz | Oil, olive |

Add the uncooked rice, coconut milk, stock, kidney beans, jerk seasoning, allspice, lime zest, and scotch bonnet pepper (if using). Taste and adjust seasoning with salt, if desired.

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Bring the mixture to a boil, cover with a lid, reduce the heat to low, and simmer for 10 minutes.

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Uncover the skillet and place the chicken on top of the rice and beans. Return the lid to the skillet and cook for another 5 minutes, or until the liquid is mostly absorbed and the chicken is heated through.

| | Capacity measure | EP | Trim loss | AP | Name of ingredient |
|---|------------------|--------------|-----------|--------------|---|
| 9 | 19 tbsp | 0 lb 2.93 oz | 0% | 0 lb 2.93 oz | Green onions, tops only, chopped |
| | | 0.00 lb | 0% | 0.00 lb | Limes, raw <i>Sliced into wedges</i> |

To serve, scoop generous portions of rice and beans, topped with chicken, onto plates or bowls. Garnish with sliced green onion and lime wedges.

WEIGHTS

| | Raw | Cooking loss | Cooked | Loss when served | Final |
|-----------------|----------------|--------------|----------------|------------------|----------------|
| Total weight | 17 lb 13.32 oz | 0 % | 17 lb 13.32 oz | 0 % | 17 lb 13.32 oz |
| Size of portion | 11.41 oz | | 11.41 oz | | 11.41 oz |

NUTRITION INFORMATION

supply / 100 g

| Energy nutritives | g | % of energy | Calories | Minerals | |
|----------------------|-----------|-------------|-------------|------------|-----------|
| | | | | g | |
| Total fat | 5.21 g | 25.97 % | 177.35 kcal | Salt | 0.29 g |
| Saturated | 0.46 g | 2.30 % | 742.04 kJ | Salt | 0.29 % |
| Monounsaturated | 2.82 g | 14.04 % | 0.74 MJ | Sodium | 117.66 mg |
| Polyunsaturated | 1.16 g | 5.80 % | | Phosphorus | 92.46 mg |
| Trans | 0.01 g | 0.06 % | | Potassium | 332.49 mg |
| Cholesterol | 0.00 mg | | | Iron | 1.85 mg |
| Linolenic acid | 0.80 g | | | Calcium | 34.42 mg |
| Alpha-linolenic acid | 290.67 mg | | | Zinc | 0.70 mg |
| Total Carbohydrate | 25.41 g | 58.22 % | | Magnesium | 30.68 mg |
| Sugars | 1.29 g | -0.17 % | | Iodine | 0.00 µg |
| Sugar | 0.00 g | | | Selenium | 3.24 µg |
| Lactose | 0.00 g | | | Copper | 0.17 mg |
| Fiber | 3.68 g | 3.97 % | | | Vitamin K |
| Organic acids | 0.00 g | 0.00 % | | | |
| Sugar alcohol | 0.00 g | 0.00 % | | | |
| Starch | 0.00 g | 0.00 % | | | |
| Protein | 7.80 g | 17.86 % | | | |
| Alcohol | 0.00 g | 0.00 % | | | |

| Vitamins | |
|-------------|----------|
| Vitamin A | 11.26 µg |
| Vitamin D | 0.00 µg |
| Thiamine | 0.12 mg |
| Riboflavin | 0.05 mg |
| Niacin | 0.71 mg |
| Vitamin B6 | 0.13 mg |
| Vitamin B12 | 0.00 µg |
| Folate | 0.00 µg |
| Vitamin C | 3.00 mg |
| Vitamin E | 0.86 mg |
| Vitamin K | 8.53 µg |

| Others | |
|--------|---------|
| Water | 12.96 g |