

JERK CHICK'N WITH RED BEANS AND RICE



Yield

12 portions

Portion Size

1 chick'n breast and 1/2 cup beans and rice

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INGREDIENTS:

Gardein® Chick'n Breasts

Dry red beans

Water

Kosher salt, divided

Firmly packed brown sugar

Garlic powder

Onion powder

Parsley flakes

Cayenne pepper

Smoked paprika

Ground black pepper

Ground allspice

Ground cumin

Ground cinnamon

Ground nutmeg

Crushed red pepper flakes

Vegetable oil

Plum tomatoes, small dice

Diced red onion

Diced fresh pineapple

Jalapeño pepper, diced

Lime juice

Kosher salt

Cooked white rice

Vegetable oil

Vegetable stock

MEASURE:

12

2 cups

4 cups

2 tbsp

1/2 tbsp

1/2 tbsp

1/2 tbsp

1/2 tbsp

1 tsp

1 tsp

1 tsp

1/2 tsp

1/2 tsp

1/4 tsp

1/4 tsp

1/4 tsp

1 tbsp

3

1/2 cup

1/2 cup

1

2 tbsp

1/2 tsp

3 cups

2 tbsp

1/4 cup

DIRECTIONS

1. Simmer the red beans, water and 1 tablespoon salt in a small sauce pan, over low heat until tender. About 1 hour.

2. Whisk together all of the spices and 1 tablespoon vegetable oil in a small bowl for the jerk seasoning, Coat the chick'n strips and marinate for 30 minutes.

3. In a small bowl combine tomatoes, onion, jalapeno, pineapple, lime juice and season with 1/2 teaspoon salt to taste. Set aside.

4. Cook the rice according to package directions. Heat Grill to 400°F. While the rice is cooking, grill the chick'n breasts according to package directions.

5. Once the rice is cooked, strain the cooked red beans and mix with the rice. Stir in the vegetable stock.

6. Slice the chick'n breast. Fan out over the red beans and top with pineapple salsa.