

Jerk Chicken

Recipe by Bondi Harvest

Makes: 6-8 x chicken wing or drumstick

Ingredients

Jerk marinade

- 1 onion, coarsely chopped
- 3 cm piece fresh ginger, finely grated
- 3 jalapenos
- 1 teaspoon ground cinnamon
- 1. teaspoons ground allspice
- 125 ml spiced rum or coconut water
- 1. tablespoons dark brown sugar
- 1. tablespoons caster (superfine) sugar
- 100 g barbecue sauce
- 1 handful thyme, leaves picked
- 4 coriander (cilantro) roots

Pineapple salsa

- 300 g pineapple, cut into 2 cm thick batons
- 1 avocado, diced
- 1 red onion, diced
- 1 small handful mint, leaves finely chopped
- 1 small handful coriander (cilantro), leaves finely chopped
- 1 jalapeno, finely chopped
- 1 garlic clove, finely chopped
- zest of 3 limes
- juice of 1 orange
- 2 tablespoons olive oil



Method

1. To make the marinade, put all the ingredients in a food processor and process until combined.
2. Put the chicken in a baking dish or zip lock plastic bag. Add the jerk marinade and massage into the chicken. Cover or seal and put in the fridge overnight to marinate.
3. Leaving the spice rub on the chicken, place it into the Philips Airfryer basket/ tray at 200°C and cook for 15-20 minutes, or until the skin begins to color. Then turn Airfryer down to 160°C and cook for another 10 minutes.
4. Set aside to rest, covered with foil for 5 minutes before serving.
5. To make the pineapple salsa, dice the pineapple and transfer to a medium bowl. Add the avocado, onion, mint, coriander, jalapeno, garlic and lime zest and mix gently. Shake together the orange juice and olive oil and pour over the salsa. Season with salt and pepper and toss through.
6. Serve the chicken with salsa on the side, lots of napkins and a bowl for the bones.