

# Jerk Chicken



## Ingredients

- 5 lbs boneless skinless chicken
- 2 Tbsp garlic powder
- 1 Tbsp allspice
- 1 Tbsp thyme
- 2 Tbsp kosher salt
- 1 Tbsp sugar
- 1 ½ tsp cayenne pepper
- 1 ½ tsp black pepper
- 1 ½ tsp sage
- ¾ tsp nutmeg
- ¾ tsp cinnamon
- ¼ cup vegetable oil
- ¼ cup soy sauce
- ¾ cup white vinegar
- ½ cup orange juice

## Utensils

- Measuring cups and spoons
- Mixing bowl/Container with lid
- Clear Plastic Wrap
- Tongs
- Spatula



# Recipe Instructions

## Step 1: Prep & Measure

Defrost chicken if necessary.  
Make sure you have measuring spoons, as well as a liquid measuring cup.

## Step 2: Create Marinade

Add chicken and all ingredients to a mixing bowl or container.  
Use tongs or spatula to mix everything together.

## Step 3: Let Marinade

Put a lid on the container/bowl or cover with clear plastic wrap and place in the refrigerator for a minimum of 1 hour or overnight.  
The longer you marinate, the more flavor!

## Step 4: Cook Chicken

Once your chicken has marinated, you may bake, air fry, or grill. Drain excess liquid.  
Bake @ 350° for one hour.  
Air fry @ 375° for about 15 minutes, flipping halfway through.

## Step 5: Grill Option

Grill about 6-8 minutes per side until fully cooked through.  
Chicken must reach an internal temperature of 165° to be safe to eat.

## Step 6: Enjoy!

Serve with your favorite sides and **Enjoy!**  
*This can be stored in an airtight container in the refrigerator for about 3 days.*



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## Kitchen Safety Tips:

Always use an **oven mitt!**

Let anyone in your home know you will be using something **hot** to cook your chicken.