

JERK CHICKEN WITH SWEET POTATO, PINEAPPLE & LIME

This is my version of jerk chicken, and I would happily eat it every week at home when nipping down to Brixton isn't on the cards. The roasted pineapple provides sweetness against the sharpness of the lime, with spiced sweet potato as the carb. Easy enough to make on a weeknight, nice enough to make for friends at the weekend.

Serves: 4
Prep: 5 minutes
Cook: 1 hour

2 sweet potatoes,
cut into quarters
1 red onion, cut into quarters
1kg free-range chicken thighs
and drumsticks (2 per person)
8 slices of fresh pineapple
(ready-prepared if you wish)
2 limes, halved
3 teaspoons jerk seasoning
3 teaspoons demerara sugar
3 cloves of garlic, grated
3 tablespoons olive oil
1 teaspoon sea salt flakes

TO SERVE

Finely chopped coriander
Sour cream or natural yogurt

Preheat the oven to 170°C fan/190°C/gas 5.

Tip the sweet potatoes, onion, chicken, pineapple and limes into a roasting tin big enough to hold them in one layer, then mix everything well with the jerk seasoning, demerara sugar, grated garlic and olive oil. Scatter everything evenly with the sea salt flakes, making sure to get plenty on the chicken skin, then transfer to the oven and roast for 1 hour.

After 1 hour, remove the tin from the oven and let the chicken rest for 5-10 minutes. Squeeze the juice from the roasted limes over everything, taste and adjust the salt as needed, scatter with a little fresh coriander and serve hot. It's non-canonical, but I like this with sour cream or yogurt alongside.

