



Gluten Free Jamaican Fusion Recipe Jamaican Jerk Grilled Chicken with Plantains and Okras

Earthy Jerk flavored grilled chicken with plantains and okras with gluten free Jamaican Jerk Sauce.



Ingredients: Serves 2

- 1 C. **Jamaican Jerk Sauce** (Gluten Free Starport 125)
- 2–8 oz. Chicken breasts, skin-on, boneless
- 2 Tbsp. **Marinade Seasoning** (Starport356)
- 2 Tbsp. Water for marinate
- 1 each Plantains, bias cut 1/8"
- 4 oz. Okras, rounds, cut 1/2"
- 2 each Red jalapeños, cut into thin rings
- 1/2 C. Extra virgin olive oil (for marinate and cooking)
- 1/4 C. White wine, optional



Instructions:

1. Mix **Marinade Seasoning** with water and 2 Tbsp. oil and marinate for an hour.
2. Mix 2 Tbsp. of olive oil with 1/4 C. of **Jamaican Jerk Sauce** then baste chicken and let sit at least 30 minutes.
3. Cut plantain in half, slit peel lengthwise, remove peel then slice into 1/8" slices. Deep fry or pan fry plantain in oil at 350°F until golden, remove and set aside.
4. Trim ends of okras and cut in 1/2" rounds.
5. Trim ends of jalapeños and cut to thin rings and remove seeds.
6. Heat a grill on high heat, when hot, place chicken with skin side down on grill turn and baste about every 5 minutes with 1/4 C. **Jamaican Jerk Sauce**. Cook 20-25 minutes or until done. (160F internal temperature)
7. Chicken may be pre-cooked in oven at 350 F until done and finish on grill.
8. Meanwhile heat a sauté pan at medium heat. Add oil and sauté okras until softened about 3 minutes then add jalapeño.
9. Add white wine, fried plantain and 1/4 C. **Jamaican Jerk Sauce**, mix well and remove.
10. Portion vegetables on plate and dress each chicken breast with remaining 1/4 C. **Jamaican Jerk Sauce** before serving.