

Barbequed jerk seasoned chicken with charred ciabatta bread



As seen in the
Lockdown BBQ Live stream!



Ingredients

(Serves 4)

4 tbsp jerk seasoning (jar)

2 tbsp olive oil

Juice of 1 lime

4 skinless chicken breasts, chopped
or sliced halfway diagonally on top

One loaf of ciabatta bread, sliced
horizontally, then cut in half



Method

Mix together the jerk seasoning, olive oil and lime juice.

Slice the chicken, then mix it with the seasoning. Leave to marinate in the fridge overnight.



When the BBQ is ready, carefully put the chicken on the BBQ rack. Cook for about 8 minutes until cooked through and lightly charred.

Serve with quinoa salad and charred ciabatta; drizzle with olive oil and seasoning.

