

# Jerk Chicken Wraps with rice and beans



SERVES 6



PREP TIME 20 mins



COOKING TIME 30-45 mins

## Ingredients

- 2 tbsp Carla's *Jamaican Jerk Blend*
- 12 boneless, skinless chicken thighs
- 1 lime, halved
- 2 tbsp olive oil
- 200g basmati rice
- 400g can coconut milk
- 1 x 410g can kidney beans, drained (optional - can substitute black beans)
- 1 bunch spring onions, sliced
- 2 garlic cloves, finely chopped
- 1 tsp Carla's sweet spice
- 1 tsp Carla's dried thyme
- Sriracha, or hot sauce, for serving (optional but really tasty!)
- Wraps, toasted if you can
- Coleslaw, to serve (either store-bought or see Carla's Tuscan Coleslaw recipe)

## Instructions

- First, prepare the marinade – mix 2 tbsp *Jamaican Jerk Blend* with the olive oil to make a thick paste.
- Make a few slashes in the thighs and pour the marinade over them, rubbing it in well. Cover and marinate in the fridge for 2 hours (longer if you have time).
- If you want to barbecue your chicken, get the coals burning an hour or so before you're ready to cook. Authentic jerk meats are not exactly grilled as we traditionally think of grilling, but sort of smoked. To get a more authentic jerk experience, add some wood chips to your barbecue, and cook your chicken over slow, indirect heat for 30 mins, or if you have a gas barbecue use the upper shelf to cook rather than cooking it directly above the burners.
- Alternatively, to cook in the oven, pre-heat to 180C/160C fan/gas 4. Put the chicken pieces in a roasting tin with the halved lime and cook for 45 mins until tender and cooked through.
- Meanwhile, prepare the rice. Rinse the basmati rice in plenty of cold water, then tip it into a large saucepan. Add the coconut milk, spring onions, garlic, dried thyme and sweet spice.
- Season with salt, add 300ml cold water and set over a high heat. Once the rice begins to boil, turn it down to a medium heat, cover and cook for 10 mins. Add the kidney beans to the rice, then cover with a lid. Take off the heat for 5 mins and leave to sit until all the liquid is absorbed.
- When ready to eat, toast the wraps either on the barbecue or in a dry frying pan, and shred the chicken.
- Pile the wraps with the chicken, and the rice and beans, and top with coleslaw and a drizzle of hot sauce. Enjoy!!

Carla's product used in this recipe: [Jamaican Jerk Blend](#)

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