

Less than 1 hour

Serves 4-6

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Ingredients:

- Tray of 6-8 chicken thighs and drumsticks
- 2 red onions, quartered
- 1 pineapple, peeled and cut into chunks
- Olive or canola oil, for coating

Jerk spice rub:

- 4-6 sprigs fresh thyme
- 2 cloves garlic, minced
- 1 Tbsp (15ml) each cayenne pepper and smoked paprika
- Handful parsley, chopped
- Salt and milled pepper
- 1 tsp (5ml) each ground allspice, cinnamon, nutmeg, chilli flakes and brown sugar
- Juice (60ml) and grated peel of 2 limes + extra wedges for serving
- Mango sambal, flatbreads and lime wedges, for serving

Method

GOOD IDEA

For a quick sambal, combine 1 cubed mango, ½ chopped red onion, 1 sliced red chilli, a handful chopped coriander and a generous squeeze of lime or lemon juice.

1. Preheat oven to 180°C.
2. Place chicken, onions and pineapple in a deep baking dish. Using your hands, cover with

oil until well-coated.

3. Combine spice rub ingredients and coat chicken.
4. Bake for 30-40 minutes until chicken is cooked.
5. Serve with mango sambal, flatbreads and lime wedges.

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