

Jamaican Jerk Chicken

A VERY SPICY, savory and mildly sweet chicken sandwich, with mango chili sauce and a red cabbage slaw

No, I'm not insulting chickens. "Jerk" is an actual seasoning blend from the Caribbean, famously used in "Jerk Chicken". For this recipe, I wanted to try and use my ground meat "Jerk" seasoning recipe, as a marinade, rather than mixing it into ground meat. It makes for an insanely spicy, yet savory chicken breast. Traditional recipes are made with scotch bonnet peppers, but not everyone has access to those, so I'm using habaneros.

Servings Info.:

Yields: 4 sandwiches

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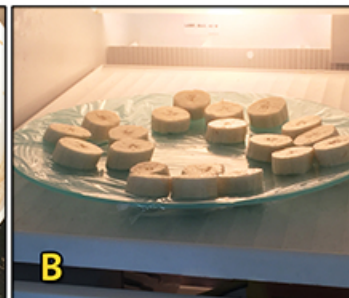
Serving Size: 1 sandwich



Range
0*-3*

- last checked 06/23/22 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.

Directions:



1. (A) Prepare the marinade, as directed. Put on rubber gloves, then coat the chicken breasts. Let rest for at least one hour. (B) Cover a plate with plastic wrap, place banana slices on the plate, put in the freezer for later. (C) Mix all of the "slaw dressing" ingredients, till well mixed. Slice the cabbage and green onion, then mix with the dressing. Cover and set aside in the fridge. (D) Mix all of the mango chili sauce ingredients. If you'd like your puree a little thinner, add some water. Set aside while the chicken marinates. The longer it marinates, the better.

Ingredients:

Jerk Seasoned Chicken Breasts

- 1-1/4 lbs boneless skinless chicken breasts (4) 5oz breasts
- 1 batch of my "Jerk Seasoning" mix, recipe on pg. 30,

Mango Chili Sauce - (makes 1-1/4 cup, (5) 1/4 cup servings, 0 point)

- 1 good sized ripe mango. Skinned, core removed, pureed. You should end up with around 1-1/4 cup pureed mango.
- 1 Tbsp asian garlic chili sauce, such as Huy Fung brand.
- dash of cayenne pepper, to taste (optional)
- 1 tsp 0 point sweetener o' choice.

Simple Slaw Dressing:

- 3 Tbsp fat free plain Greek yogurt
- 1 Tbsp apple cider vinegar
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tsp 0 point sweetener o' choice.
- 1 tsp light mayonnaise

Additional Ingredients:

- 2 unripe bananas, sliced into 20 thick slices, around 1/2" thick. (not kidding, you want bananas that are somewhat green).
- 1/2 head red cabbage. Remove the core, then slice the head in half. Pretend you're a guillotine and it's the French revolution.
- 1 green onion, thin sliced (for the slaw)



2. After your chicken has marinated for at least an hour, heat a large pan over medium-high heat till water sizzles on the surface. **(A)** Spray the pan with cooking spray and place the chicken breasts into the pan with 1/2 of the marinade juices. Cook for 2.5 minutes, then flip. **(B)** Cover the pan, reduce heat to medium, cook for 2.5 more minutes. Turn off heat, keep pan covered while you finish the other components. **(C)** Heat another pan over medium heat for 1 minute. Remove frozen banana slices from freezer. Spray with cooking spray, then sear for 1 minute. **(D)** Spray the top of the slices with spray, then flip and sear for 1 more minute. Set aside on a plate.



3. To assemble: first, toast the buns. **(A)** Then, place a mound of red cabbage slaw onto the bottom bun. **(B)** Spoon some pan juices onto the chicken breasts, then place one onto the slaw. Next, arrange 5 of the banana slices on top of the chicken breast. **(C)** Put a dollop of the mango chili sauce on top of the banana slices, then **(D)** cover with the toasted top bun. Done.

NOTES & SUGGESTIONS:

- **CHILI PEPPERS:** Traditional Jerk chicken marinade recipes, call for using Scotch Bonnet peppers. However, not every store carries them, so I chose to use habanero peppers in my recipe. If you are able to get Scotch Bonnets... by all means, have at it. But remember, use gloves when handling the peppers and for God's sake, do not rub your hands ANYWHERE near your eyes/face.
- **MANGO CHILI SAUCE:** If you don't like Mango, feel free to customize the sauce by swapping it out for ANY fruit that you would like, such as pureed pineapple or peach. Also, pureed fruit gets points if you drink it, not if you use it as part of a dish that you'll be eating.
- **SLAW:** This is a very, very, very simple dressing. If you'd like to jazz it up a little bit, toast 1 tsp of sesame seeds in a hot pan for 2-3 minutes, or till lightly browned. 1 tsp of sesame seeds is 0 points.
- **FROZEN BANANAS?:** Unless you freeze them first, they will turn to goop when you quick-sear them. If you are on a Plan that has plantains as a 0 point fruit, feel free to use those instead. A benefit of using plantains is you won't have to freeze them, like you do with bananas. If you use plantains, simply slice them, sprinkle them with a little 0 calorie sugar replacement, then sear them in the pan.

