



Jerk chicken with rice and beans

What you'll need

- large skinless chicken breast (about 200g), cut into strips (use soya or tofu pieces for vegetarian alternative)
- 1 heaped tablespoon jerk seasoning
- 1 tablespoon vegetable oil
- 1 small onion, peeled and diced
- 1 green pepper, de-seeded and sliced
- 1 large can (410g) red kidney beans, drained and rinsed (drained weight 240g)
- 200g white rice
- 400ml water

Allergies

- Dairy free
- Egg-free
- Gluten free

Recipe makes 4 adult portions

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What to do

1. Coat the chicken strips in jerk seasoning and stir well. Leave in the fridge for an hour to marinate. (If serving this to a baby, leave some chicken unseasoned, cook it separately, and add it to some of the cooked rice mixture at the end.)
2. In a large saucepan, heat the oil and fry the onion and green pepper for 2 to 3 minutes.
3. Add the chicken and cook for 2 to 3 minutes.
4. Add the kidney beans, rice and water to the mixture and bring to the boil.
5. Simmer for about 20 minutes with the lid on the pan until the rice has absorbed the water and the chicken and vegetables are cooked.

For babies

Chop the meat and vegetables finely, and allow to cool before serving.

Leftovers

Cool first (within an hour) and put straight in an airtight container in the fridge for no more than 24 hours. Make sure any leftovers are heated thoroughly through to piping hot. Only reheat once. Cool before serving to babies.

Serve with some cooked soft vegetables on the side, cut into fingers for babies.

Adults, or teenagers
aged 12–18

25cm plate



5–11 year old

25cm plate



1–4 year old

20cm plate



7–12 month old

13cm plate

