

Jerk Chicken with Watermelon and Cucumber Salad

Adapted from Martha Stewart

With the lazy, hazy days of summer here, refreshing meals are in order and this one hits the spot. The spiciness of the jerk chicken is a perfect combination with the cooling watermelon and cucumber salad. I made this one without using a barbecue; I seared it on an indoor griddler and finished it off in the oven for 20 minutes. It tastes just as good as the barbecue version.

Very Sansational!



For the Jerk Chicken:

Ingredients:

1 bunch scallions, chopped finely (1 1/2 cups)
2 cloves garlic, finely chopped
1/2 tsp jalapeño flakes
2 tbsp fresh lime juice
2 tbsp olive oil
1 tbsp sucanat or coconut sugar
1 1/2 tsp ground allspice
1 tsp dried thyme
1/2 tsp ground cinnamon
Coarse sea salt
2 tbsp water
8 pieces drumsticks and/or thighs (skinless and bone-in) (2 1/2 pounds)
2 chicken breasts, skinless and boneless
Coconut oil, for griddler or outdoor grill

Directions:

1. In a blender, combine the first 9 ingredients, 1 tsp salt and the water until smooth.
2. Line a 9 x 13 baking dish with parchment paper. Place chicken and sprinkle with salt.
3. Toss chicken with marinade until well coated. Cover and refrigerate for at least 2 hours or up to overnight.
4. Heat indoor griddle (I used a Cuisinart Griddler) on high and lightly grease with coconut oil.
5. Sear chicken pieces (5 to 6 minutes per side) until black grill marks appear.
6. Place chicken on a parchment lined 9 x 13 baking pan.
7. In a preheated 350 degrees F oven, bake for 15 to 20 minutes until cooked through.
8. If using an outdoor grill, heat to medium-high, place chicken on grill, and cover. Cook, turning occasionally, until chicken is blackened in spots, about 10 minutes.

For the Watermelon and Cucumber Salad:

Ingredients:

1 English cucumber, peeled and cut into 1/2 inch cubes
1 small seedless watermelon, cut into 1/2 inch cubes
3 tbsp lime juice
Fine sea salt and ground pepper, to taste
Mixed greens

Directions:

In a large bowl, toss the first four ingredients and serve on a bed of mixed greens.

Sansational's Notes:

1. I use jalapeño flakes as it saves times and it tastes just as good as fresh. Most Bulk Barn stores carry it. If you would like to use fresh, use 1 jalapeño chile (finely chopped with seeds removed for less heat).

2. You can also leave the skin on the chicken, but I removed it for a healthier version and it tastes just as great. Bone-in chicken also has more flavour than boneless. Having said that, I threw in a couple of boneless chicken breasts as well as that is what I had on hand. It also tasted great and is easy to cut up for leftovers in a salad.