



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BLACK RICE

Forbidden Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits that make it a new alternative to white and brown rice.



2. JERK CHICKEN DRUMSTICKS

WITH PINEAPPLE RICE



40 Minutes



2 Servings

Oven baked drumsticks with a flavourful Jamaican jerk seasoning, served with a tropical black rice salad.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
55g	33g	72g

16 March 2020

FROM YOUR BOX

BLACK RICE	150g
CHICKEN DRUMSTICKS	4 pack
PINEAPPLE PIECES	1 tin
LIME	1
LEBANESE CUCUMBER	1
RED CAPSICUM	1/2 *
SPRING ONIONS	1/4 bunch *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, chilli flakes (optional), ground allspice, dried thyme

KEY UTENSILS

saucepan, oven tray

NOTES

Slashing the chicken will help reduce the cook time as well as allow more spice rub to coat.

Cook the drumsticks on the BBQ if preferred.



1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse with cold water.



2. COOK THE CHICKEN

Slash chicken (see notes) and rub with **1 tsp allspice, 1/4 tsp dried thyme, 1/4 tsp chilli flakes (optional), oil, salt and pepper**. Place on a lined oven tray and roast for 25-30 minutes or until cooked through.



3. MAKE THE DRESSING

Whisk 2 tbsp pineapple juice (from tin) together with 1/2 lime zest, 1/2 lime juice (wedge remaining) and **1 tbsp olive oil**. Set aside.



4. PREPARE THE SALAD

Dice cucumber and capsicum. Slice spring onions.



5. TOSS THE SALAD

Toss salad components with drained pineapple chunks, cooked rice and dressing. Season with **salt and pepper**.



6. FINISH AND PLATE

Serve pineapple rice with chicken drumsticks and lime wedges.