



Heart & Home
Wellness Table Series



Ronald McDonald
House Charities®
Central Ohio

Supported by

JPMorganChase

Jerk Chicken with Coconut Rice and Peas

This Caribbean-inspired meal includes spices that create a bold, flavorful jerk chicken.

Servings: 4 | Total Time: 50 min



NUTRITION NOTES

- Smooth and fragrant, **extra-virgin olive oil** creates a rich cooking base while helping carry the dish's warm spices and flavors throughout every bite.
- Savory and aromatic, **yellow onion** gently softens as it cooks, building a flavorful foundation that enhances the depth of the entire dish.
- Hearty and wholesome, **long-grain brown rice** adds nutty flavor, satisfying texture, and fiber that helps make the meal both filling and nourishing.
- Tender and protein-packed, **boneless, skinless chicken thighs** bring rich flavor and heartiness, making the dish satisfying while supporting muscle health.

Jerk Chicken with Coconut Rice and Peas

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INGREDIENTS

- 1½ teaspoons extra-virgin olive oil
- ½ cup finely chopped yellow onion
- 2 tablespoons curry powder
- 2 teaspoons sriracha
- 1 cup long-grain brown rice
- 1 (14 ounce) can coconut milk
- ¾ cup water
- 2 teaspoons chopped fresh thyme
- 2 teaspoons garlic powder
- 1¼ teaspoons ground allspice
- ¾ teaspoon cayenne pepper
- ¼ teaspoon ground cinnamon
- ¾ teaspoon kosher salt, divided
- 1½ pounds boneless, skinless chicken thighs, trimmed
- 1 cup frozen green peas, thawed, can use canned peas
- ¼ cup chopped fresh cilantro, plus leaves for garnish
- 2 tablespoons of lime juice
- Lime wedges for serving

Nutrition Profile: Dairy-Free | Healthy Aging | Healthy Immunity | Soy-Free | High-Protein | Egg-Free | Low-Calorie

NUTRITION FACTS *(per serving)*

Serving Size: 1 chicken thigh plus 1 cup rice & peas | Servings Per Recipe: 4 | Calories: 524

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|--------------------|---------------------|-------------------|
| • 20g fat | • 8g saturated fat | • 41mcg folate |
| • 48g carbs | • 156mg cholesterol | • 38mg calcium |
| • 37g protein | • 687mg sodium | • 3mg iron |
| • 4g dietary fiber | • 954IU vitamin A | • 97mg magnesium |
| • 4g sugars | • 10mg vitamin C | • 557mg potassium |

**Nutrition information provided directly by eatingwell.com and reflects values listed at the time of publication. Recipe sourced from: eatingwell.com*

INSTRUCTIONS

1. Heat oil in a medium saucepan over medium heat. Add onion and cook, stirring occasionally, until softened, about 3 minutes. Add curry powder and sriracha, cook, stirring constantly, until fragrant, about 1 minute. Add rice and stir to coat. Add coconut milk and water; bring to a boil over high heat. Cover, reduce heat to low, and simmer until the rice is tender and the liquid is absorbed, 40 to 50 minutes.
2. Meanwhile, heat a grill pan over medium-high heat. Coat with cooking spray. Mix thyme, garlic powder, allspice, cayenne, cinnamon and 1/2 teaspoon salt in a medium bowl. Add chicken and toss to coat. Grill the chicken, turning once, until an instant-read thermometer inserted in the thickest part registers 165 degrees F, about 12 minutes total. Transfer the chicken to a clean cutting board and let rest.
3. When the rice is done, stir in peas, cilantro, lime juice and the remaining 1/4 teaspoon salt with a fork. Cover and let stand for 3 minutes.
4. Serve the chicken with the rice and more cilantro and lime wedges, if desired.