



THE
Jerk
HUB

THE MANDEVILLE MUNCH

SERVE 2-3

You made it! You're officially going to have the most delicious meal without having to leave your home. Your box has everything you need to create an unforgettable meal!

BOX INGREDIENTS

1. Marinated Chicken Leg & Thigh x 2
2. Marinated Double Wings x 3
3. Rice & Peas
4. Dry Coleslaw Mix
5. Coleslaw Mayo
6. Corn on the Cob x 2
7. Garnish Mix – Lime, Parsley, Spring Onion, Red chilli, Scotch Bonnet
8. Mango & Pineapple Hot Sauce
9. Scotch Bonnet Mayo
10. Hennessey Sauce (for wings)



**COOKING
INSTRUCTIONS**
PLEASE READ ALL OF
THE INSTRUCTIONS BEFORE
YOU BEGIN COOKING.

MARINATED JERK CHICKEN

JERK PAN / BBQ

We believe that the best Jerk Chicken is created by adding the aroma of wood and flames. For the best results, safely use a Jerk Pan/BBQ in an outdoor setting. Add some charcoal and smoking wood for the best results. Light your Jerk Pan/BBQ and allow the flames from the coal and wood to settle down before adding your chicken (1). Place your chicken on the grill and ensure you turn every **5-10 minutes**. It's important that you keep a close eye on your chicken, we don't want all that amazing marinade to go to waste! For moist chicken, feel free to spray with water now and again. Jerk chicken is best served with a smokey, crisp outer layer which is properly cooked throughout. Ensure that the temperature of the thickest part of your chicken reaches **75 degrees** internally before removing the chicken from the grill.

OVEN

Preheat your oven to **180C Fan/Gas 7**. Once the oven gets to the required temperature, cut the Jerk Chicken (1) packet open and place the chicken into an ovenproof dish (skin side down) and place in the middle of the oven. Reserve a little jerk seasoning to add halfway through the cooking process. 25 minutes into cooking turn the chicken so that the skin side is now facing upwards. After turning the chicken add some more Jerk marinade from your packet all over the skin side of the chicken.

Cook each piece for at least **45-50 minutes**, or until cooked. Check to see if your chicken is cooked by running a knife through the chicken. If the juices that run are clear of the thickest part of the chicken reaches 75 degrees, you're good to go! Reserve some of that juice should you wish to create some extra jerk sauce for your chicken. Wait at least 5 minutes before serving your chicken.

COLESLAW

Empty the dry coleslaw mix (4) into a mixing bowl, add the Coleslaw Mayo (5) and stir until completely combined. Add a few sprigs of parsley for garnishing. Make sure you leave some parsley to complete your meal later.

RICE & PEAS

With a fork, pierce the Rice & Peas (3) packet and cook on full power for **5 minutes**. Alternatively, stir fry in a pan for **3 minutes**.

CORN ON THE COB

Place the Corn on the Cob (6) horizontally into a pan of boiling water. Add a pinch of salt, cover, and steam corn until just tender, **5 to 7 minutes** should do the trick. Once cooked, turn off the cooker and leave until you are ready to serve.

COOKIN' DONE!

NOW FOR THE BIT THAT WILL
IMPRESS YOUR FAMILY + FRIENDS...

Place the Jerk Chicken, Hennessey Wings, Rice & Peas and Corn on the Cob on a plate in your desired style. Garnish (7) with chopped red chilli, spring onion (chop vertically), lime (chop vertically into thin slices or into wedges) and add some sprigs of parsley.

You can use your scotch bonnet chilli how you wish. Some people use it for garnish and others prefer to grind it to add to the jerk seasoning for more of a spicy kick. Whatever you choose to do, be careful, its hot! And finally, use our signature Mango & Pineapple hot sauce (8) and/or Scotch Bonnet Mayo (9) to spice things up because... **IT MAKES JERKIN SENSE**

Don't forget to tag us in your photos and use the hashtag **#theJerkHub** for a shout out!   **@theJerkHub**

HENNESSEY WINGS

JERK PAN / BBQ

For the best results, our Hennessey Wings are best cooked using a Jerk Pan/BBQ in an outdoor setting. Add some charcoal and smoking wood for the best results. Light your Jerk Pan/BBQ and allow the coal and wood to settle down before adding your Wings (2). Place your wings on the grill and ensure you turn every **5-10 minutes**. It's important that you keep a close eye on your wings, we don't want all that amazing marinade to go to waste! Ensure that the temperature of the thickest part of the wing reaches **75 degrees** internally before removing the wings from the grill.

OVEN

Heat your oven to **180C Fan/Gas 4**. Once the oven gets to the required temperature, cut the Wings (2) packet open and place the wings onto a large baking tray and place in the middle of the oven. Your wings should be cooked until crispy and golden brown. This will take about **45-50 minutes**.

WHEN YOUR WINGS ARE COOKED...

Leave your Hennessey sauce (10) until you are ready to serve your wings. When you are ready, place the contents of the sachet into a bowl and heat on full power for **1 minute & 30 seconds**, stir and set aside.

Add your cooked wings to the same bowl and cover with a lid/plate and shake until your wings are fully coated. Use a tea towel to hold the bowl as it may be hot.