

Jerk Chicken

Authentic Jerk Chicken recipe with bold Caribbean spices. Easy oven-baked method creates juicy, flavorful chicken with aromatic jerk seasoning.

10	20	30	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Jerk Chicken

Ingredients

- 4 chicken meat
- 0.5 tbsp oregano
- 0.5 tbsp black pepper
- 0.25 tbsp rosemary
- 0.25 tbsp salt
- 0.25 tbsp chili flakes
- 0.25 mustard
- 1 tbsp mayonnaise
- 0.5 lemon

Instructions

- 1 Prepare the oven**

Preheat your oven to 200°C (400°F). Line a baking sheet with parchment paper or lightly grease with oil.
- 2 Prepare the chicken**

Pat the 4 chicken pieces completely dry with paper towels. Place them on the prepared baking sheet, spacing them evenly apart.
- 3 Make the jerk marinade**

In a small bowl, combine 0.5 tbsp allspice, 0.5 tbsp brown sugar, 0.25 tbsp thyme, 0.25 tbsp paprika, 0.25 tbsp garlic powder, 0.25 tsp salt, 1 tbsp olive oil, and 0.5 scotch bonnet pepper (finely minced). Mix until it forms a thick paste.
- 4 Rub the jerk marinade all over the chicken pieces, coating both sides thoroughly. Use your hands to massage the spices into the meat, ensuring even coverage.**
- 5 Let the chicken marinate at room temperature for 15 minutes, or cover and refrigerate for up to 4 hours for deeper flavor.**
- 6 Cook the chicken**

Bake in the preheated oven for 18-22 minutes, until the internal temperature reaches 74°C (165°F) when tested with a meat thermometer in the thickest part.
- 7 Remove from oven and let the chicken rest for 5 minutes before serving to allow juices to redistribute.**

Tips

Pat the chicken completely dry before applying the seasoning mixture to ensure better adherence and prevent steaming during cooking.

For deeper flavor, marinate the seasoned chicken in the refrigerator for 2-4 hours or overnight before cooking.

Use a meat thermometer to ensure chicken reaches an internal temperature of 165°F for food safety while avoiding overcooking.

Let the chicken rest for 5 minutes after cooking to allow juices to redistribute throughout the meat.

Grate fresh lemon zest directly over the seasoning mixture for the brightest, most aromatic flavor.

Line your baking tray with parchment paper for easier cleanup, as the spices can stain.

Double the seasoning recipe and store extra in the refrigerator for quick weeknight meals – it keeps for up to a week.