

## JERK CHICKEN WITH SWEET POTATO FRIES



### Ingredients

10 portions

- chicken fillets 10 pc.
- ground cloves 2,5 tsp
- ground cinnamon 2,5 tsp
- ground nutmeg 2,5 tsp
- ground allspice 5 tsp
- chilli powder 2,5 tsp
- fresh thyme to taste
- garlic, crushed 2 cloves
- black pepper 2 tsp
- worcester sauce 4 tbs
- Sweet potato fries 1,5 kg
- marinated asparagus 3 jars

### Jerk Chicken with Sweet Potato Fries

#### Preparation

Pre-heat the oven at 220°C. Combine the dry spices for the Jerk seasoning, rub into the chicken. Heat a large frying pan with a little oil and cook chicken until golden on all sides. Add the worcester sauce and cook for a further 2 minutes. Once the chicken has coloured to a deep brown, place onto an oven tray. Sprinkle with olive oil, cover with foil and roast in the oven for 20 minutes, until cooked through. Slice the chicken before serving. Fry the Aviko Sweet Potato Fries following the instructions on-pack and serve with the chicken.

#### Serving

Cut the chicken into 1.5-2 cm strips and serve together with fries. Add a few asparagus from a jar.

#### Tip

Serve with a smoky Chipotle mayonnaise.



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