

## Jamaican Chicken Rundown

*Oversalted.wordpress.com*



### Ingredient List

4 boneless, skinless chicken breasts (~2 lbs. total weight), diced [**800 calories**]

3 garlic cloves, minced

1 sprig fresh thyme, or 1 tablespoon dried thyme

1 medium yellow onion, diced

1 tablespoon Kosher salt

1 teaspoon freshly ground black pepper

1-inch piece of fresh ginger, grated (yields about 2 teaspoons)

1 ½ tablespoons canola oil [**180 calories**]

¾ cup coconut milk [**280 calories**]

2 tablespoons heavy cream [**100 calories**]

1 teaspoon Scotch Bonnet peppers, seeds removed and thinly sliced, or 2 tablespoons Scotch Bonnet pepper sauce [**30 calories**]

*\* Beware – Do not, I repeat do NOT, touch the seeds of the peppers and then touch anything on your face without thoroughly washing your hands first. Honestly, the spicy remnants of the peppers have lasted on my hands for days. A neat trick I learned from the one and only Julia Child that helps to remove onion or garlic scents, or spices, from your hands: wash with hot water, rub your hands with Kosher salt, then rinse in cold water. \**

2 tablespoons fresh cilantro, chopped

### Recipe

*Serves 6*

Calories per serving: 235

In a large, nonreactive bowl, toss the diced chicken with the salt and pepper. Add the diced onion, garlic, ginger, thyme, and the Scotch Bonnet peppers, then mix well to combine fully. Cover and let marinate in the refrigerator for at least one hour.

Heat the oil over medium-high heat in a large pot or sauté pan. Add the chicken and marinade, then cook well for ~ 8 minutes or until the chicken is cooked through and starts to brown on the outside.

Add the coconut milk and heavy cream, then stir well to combine. Lower the heat to medium or medium-low, and let simmer for 8 minutes. Mix in the cilantro, then taste and adjust for seasoning with salt and pepper, or more Scotch Bonnets if you'd like a spicier dish.

This is best served over rice, but you could just as easily toss it with pasta. The sauce is thick and hearty – perfect to slather over the carb of your choice.