

Caribbean Jerk Chicken with Rice and Beans

This Caribbean Jerk Chicken with Rice and Beans is a classic combination of flavors, spicy and savory. Perfect for a quick and easy dinner!



Main Dish

Caribbean

30 min

Total time

Easy

Difficulty

310

kcal / serving

Ingredients

- 1 boneless and skinless chicken breast
- 2 tablespoons of jerk seasoning
- 1/2 cup of cooked long grain white rice
- 1/2 cup of cooked black beans
- 2 tablespoons of olive oil
- 1 teaspoon of garlic powder
- Salt and pepper to taste

Steps

- 1 Preheat your oven to 375 degrees F.
- 2 Place the chicken breast onto a baking sheet and season with the jerk seasoning, garlic powder, salt and pepper.
- 3 Drizzle the chicken with the olive oil and bake for 20-25 minutes.
- 4 Meanwhile, cook the rice and beans according to package instructions.
- 5 Once cooked, plate the chicken, rice, and beans and enjoy!