

# Pineapple Jerk Chicken



**PREP TIME : 10 MIN**

**COOK TIME : 35 MIN**

**SERVES : 6**

## **Ingredients :**

- **3 lb (1.5 kg) chicken drumsticks and thighs**
- **1 jar (341 mL) VH<sup>®</sup> Pineapple Jerk Sauce, divided**
- **2 cups (500 mL) reduced-sodium chicken broth**
- **1 cup (250 mL) short grain rice**
- **4 tsp (20 mL) minced fresh ginger**
- **1/2 cup (125 mL) red kidney beans, rinsed**
- **1/3 cup (75 mL) diced sweet red pepper**
- **Lime Wedges, Sprigs of Fresh Thyme**

## **Directions :**

- 1. In large bowl, toss chicken with 1 cup (250 mL) sauce; refrigerate at least 1 hour or up to overnight**
- 2. Preheat oven to 425F (220C). Arrange chicken on parchment paper-lined baking sheet; cook for 35 to 45 minutes or until golden brown and cooked through. Brush with remaining sauce**
- 3. Meanwhile, in small saucepan, bring broth to boil; stir in rice and ginger. Reduce heat to low: cover and cook for 20 minutes, or until rice is tender. Stir in beans and red pepper. Remove from heat. Cover and let stand for 5 minutes. Fluff with fork**
- 4. Serve chicken with rice and beans. Garnish with lime wedges and fresh thyme, if desired**