

***Jerk Chicken, Sweet Potato Mash
& Wilted Greens***

- Chicken Breast
 - Sprig Scallion
 - Garlic clove
 - 1 habanero
 - ½ piece of ginger or ¼ tsp ground ginger
 - Splash of lime juice
 - Splash of soy
 - Seasoning mixture
 - 1 1/2 tbsp brown sugar
 - 1 tsp cinnamon
 - ½ tsp nutmeg
 - ½ tsp all spice
 - ½ tsp ground thyme
 - ¼ ground cloves
 - ½ tsp paprika
 - ½ tsp pepper
 - 1 tsp salt
-
- Large Sweet potato
 - 2 Tbsp butter
 - ½ chicken stock
-
- Small bag of baby kale
 - Apple cider vinegar
 - ⅓ cup chicken stock or water