



Low Carb Jerk Marinade



Directions:

- Rough chop the scallions, habaneros, garlic, onion, and thyme, then blend with everything else until smooth.
- Add salt and pepper to your taste and liking.
- This makes about 2 cups, and the marinade keeps in the fridge for up to 2 weeks.

Tips:

- About 1 cup of marinade covers 6 boneless, skinless chicken thighs.
- Marinate at least 1 hour; overnight is best.
- Grill over medium heat, or roast at 200°C, turning halfway through, until the internal temperature hits 74°C. Usually 40 to 45 minutes depending on the oven.
- Serve with cauliflower rice and a lime-dressed cabbage slaw for a plate that's fully low-carb and doesn't taste like it's missing anything.

Ingredients:

- 4-5 scallions, roughly chopped
- 3-4 cloves garlic
- 1 small onion, roughly chopped
- 1 teaspoon grated fresh ginger
- 4 sprigs fresh thyme
- 3 habanero peppers (remove seeds for less heat)
- 2 teaspoons ground allspice
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- 1/3 cup tamari
- 2-3 tablespoons extra virgin olive oil
- 1/4 cup vinegar
- Zest of 1 orange
- Juice of 1 lime

Swaps to play with:

- Tamari for coconut aminos
- Habaneros for 4 Thai red chillies
- Fresh thyme for 1/2 tablespoon dried

SPICE
Series