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NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Black Rice


Forbidden Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits that make it a new alternative to white and brown rice.



2 Jerk Chicken with Pineapple Salsa

Grilled chicken schnitzels with a simple Jamaican jerk seasoning, served with black rice and a tropical pineapple salsa.

 20 minutes

 2 servings

 Chicken

15 February 2021

Vary the salsa

Serve all salsa ingredients as a chunky salad or separated on a platter if you prefer. It is also delicious tossed together with the black rice. Add some chilli flakes if you enjoy spicy food!

FROM YOUR BOX

BLACK RICE	150g
CHICKEN SCHNITZELS 	300g
GARLIC CLOVE	1
LEBANESE CUCUMBER	1
GREEN CAPSICUM	1/2 *
RED CAPSICUM	1/2 *
SHALLOT	1
CORIANDER	1/2 packet *
TINNED PINEAPPLE	225g
LIME	1
FESTIVAL LETTUCE	1/2 *
 BHAJI BITES MIX	1 packet
 GREEN BEANS	1 packet (150g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY


olive oil + oil for cooking, salt, pepper, allspice (or cinnamon), sugar (brown or other), ground cumin

KEY UTENSILS

saucepan, grill pan or barbecue

NOTES

Add a pinch of cayenne to marinade for extra kick! If you don't have allspice you can replace with 1/4 tsp cinnamon or increase cumin to 1 tsp.

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.

Note: Cook the patties in batches. Press down lightly with a spatula after turning to flatten them, this will speed up the cooking time. Drain on paper towel.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.




4. MAKE THE SALSA

Finely chop cucumber, capsicum, shallot and coriander. Place in a bowl with 1 tbsp pineapple juice (from tin) and sliced pineapple. Dress with juice from 1/2 lime, 1 tbsp olive oil, salt and pepper.



2. MARINATE THE CHICKEN


Toss chicken with 1/2 tsp allspice, 2 tsp sugar, 1/2 tsp cumin, 1 crushed garlic clove, salt, pepper and 1 tbsp oil (see notes).

 **VEG OPTION** - Combine bhaji mix with 3/4 cup water. Trim and chop beans. Add to the mix and stir until combined.



5. FINISH AND SERVE


Serve grilled jerk chicken with black rice, pineapple salsa and lettuce leaves. Garnish with remaining lime cut into wedges.

 **VEG OPTION** - Serve bhaji patties with black rice, pineapple salsa and lettuce leaves. Garnish with remaining lime cut into wedges.



3. GRILL THE CHICKEN

Heat a pan or barbecue over medium-high heat. Add chicken and cook for 5 minutes on each side or until cooked through.

 **VEG OPTION** - Heat a frypan over medium-high heat and cover base with oil. Spoon out 1/4 cupfuls of mixture. Cook bites for 3-4 minutes each side until cooked through (see notes).

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