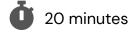


# **Jerk Chicken**

# with Pineapple Salsa

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







# 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	300g
CHICKEN SCHNITZELS	600g
GARLIC CLOVE	1
CONTINENTAL CUCUMBER	1
GREEN CAPSICUM	1/2 *
TOMATOES	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 (250g)

<sup>\*</sup>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, large 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 1/2 tsp cinnamon or increase cumin to 2 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, tomatoes, 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 tsp allspice, 1 tbsp sugar, 1 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.

WEG 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).

