



LITTLE RECIPES

Jerk chicken kebabs with mango salsa (Caribbean)

Time 40 minutes

Serves 4 adults

Things you need

- 2 tsp soft jerk seasoning
- 1 tbsp olive oil
- Juice 1 lime
- 4 skinless chicken breasts, chopped into chunks or Quorn Chicken 500g for the vegetarian option
- 1 large yellow pepper, cut into 2cm cubes
- 100g bag rocket leaves, to serve

For the salsa

- 320g mango chunks, diced
- 1 large red pepper, deseeded and diced
- Bunch spring onions, finely chopped

Method

Mix together the jerk seasoning, olive oil and lime juice. Toss the chicken in it and leave to marinate in the fridge for at least 20 mins, or up to 24 hours.

Make the salsa by mixing all the ingredients together with some seasoning.

Heat the grill to medium. Thread the chicken onto skewers divided by the yellow peppers. Cook for 8 mins each side until cooked through and lightly charred. Serve with the salsa and rocket leaves

