



JERK CHICKEN KEBABS

 40 minutes
(marinate 4-12 hours)

 Serves 4-6

Meal Difficulty



COOKING DIRECTIONS

- 1 Finely dice $\frac{1}{4}$ cup of pineapple. Cut the remaining pineapple into 2-inch pieces and reserve.
- 2 In a food processor, combine $\frac{1}{4}$ cup diced pineapple, green onions, chiles, garlic, allspice, Chinese five spice, thyme, soy sauce, vegetable oil, and lime juice. Process until smooth, about 1 minute.
- 3 Pour the marinade into a large shallow dish, add the chicken, and turn to coat. Cover and refrigerate for at least 4 hours and up to 12 hours.
- 4 Meanwhile, stir together the herb salsa ingredients in a small bowl and set aside.
- 5 When you are ready to cook, thread the marinated meat and the reserved pineapple pieces onto 9 or 10-inch skewers. Season with salt and pepper.
- 6 Preheat your No. 12 Cast Iron Grill Pan over medium heat for about 3 minutes. Brush the pan lightly with canola oil, then add skewers. Cook for 3 to 4 minutes on each side, until pineapple is caramelized and chicken is cooked through. Spoon herb salsa over the top and serve.

INGREDIENTS

CHICKEN KEBABS

1 small pineapple, peeled, cored, and quartered lengthwise
5 green onions, chopped
2 scotch bonnet chiles, seeds removed, chopped (substitute habanero)
2 garlic cloves, chopped
2 tsp ground allspice
2 tsp Chinese five spice
2 tsp fresh thyme leaves
 $\frac{1}{2}$ c soy sauce
2 tbsp canola oil, plus more for the pan
2 lbs boneless skinless chicken breasts or thighs, cut into 1-oz pieces
coarse kosher salt, to taste
freshly ground black pepper, to taste

HERB SALSA

2 tbsp finely chopped cilantro
2 tbsp finely chopped parsley
1 scotch bonnet chiles, seeds removed, chopped (substitute habanero)
 $\frac{1}{4}$ c extra virgin olive oil
1 tbsp lime juice