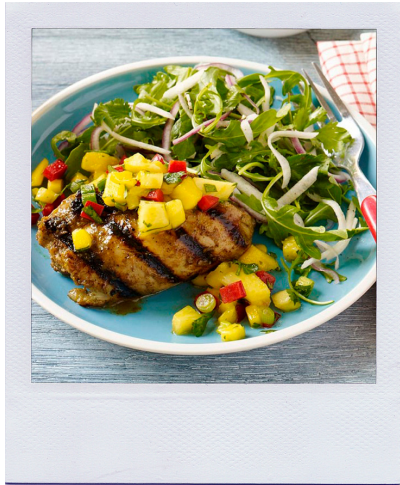




Jammin' JeRk



JERK CHICKEN PINEAPPLE AND MANGO SALAD

The laste of summer!
Fresh, fiery and a perfect mid-week salad.

Serves 4-6

Preparation time: 30 mins (plus overnight marinade if desired)

Cook time: 10 minutes

Ingredients

Salsa

- 2 cups chopped mango
- 2 cups chopped pineapple
- 1 cup diced red bell pepper
- $\frac{2}{3}$ cup diced scallions
- $\frac{1}{4}$ cup chopped fresh cilantro
- 2 tbsp fresh lime juice
- 2 tbsp rice wine vinegar
- 1 tsp honey
- 4 tsp olive oil

Salad

- 120g of rocket or chosen leafy green
- 20g of fennel

Chicken

- 60g of Jammin' JeRk Mild Marinade
- 1 kg boneless chicken thighs

Instructions

Salsa :

1. Combine all ingredients in a bowl and refrigerate until ready to serve.

Salad:

1. Wash rocket, drain and put aside. In a separate bowl – shave fennel into thin slices. Toss the rocket and fennel with a drizzling of olive oil..

Chicken :

1. Put chicken in a large bowl and using your hands rub in the marinade. Leave for 20 minutes or overnight in the refrigerator.
2. On a medium-high grill cook chicken until browned and juices run clear, 10 to 15 minutes.
3. Assemble with salad and salsa, serve and enjoy!