



Jammin' JeRk



JAMMIN' JERK CHICKEN BURGER

Serves 2

Ingredients

- 2 skinless chicken breasts
- A few thyme sprigs, leaves picked
- 1 tbsp olive oil
- 2 tsp Jammin' JeRk Hot or Mild marinade
- Juice of 1 lime
- 2 large bread rolls
- ½ small mango, stoned, peeled and sliced
- 1 tomato, sliced
- 1 lettuce heart, shredded
- 2 tbsp mayonnaise and ketchup, to serve (optional)

Instructions

- Place the chicken breasts in between pieces of cling film and bash with a rolling pin to flatten.
- Mix together the thyme, oil, Jammin' JeRk marinade and half the lime juice in a bowl.
- Add the chicken and leave to marinate for 5 minutes.
- Heat a griddle pan until hot and cook the chicken for 4-5 mins each side or until cooked through.
- Remove from the heat.
- Meanwhile, toast the cut sides of the buns for 1-2 mins.
- Put the chicken on the buns and top with the mango, tomato and a handful of lettuce.
- Squeeze over the rest of the lime and top with mayo and ketchup, if you like.