

Quick and easy



Quick jerk chicken with pineapple salsa

Serves 1

1½ tsp jerk seasoning

1 tsp coconut oil, melted

¼ tsp brown sugar

Juice of 1 lime

145g skinless chicken breast fillet

½ red pepper, deseeded and finely chopped

½ red onion, peeled and finely chopped

1 tomato, finely chopped

30g fresh pineapple, finely chopped

1 red chilli, deseeded and finely chopped

Salt and pepper

70g cooked quinoa (25g uncooked quinoa)

55g avocado, sliced

Small handful of rocket

Method

Mix the jerk seasoning, coconut oil, sugar and half of the lime juice together in a bowl. Lay the chicken between two sheets of clingfilm then bash with a rolling pin to flatten. Add to the bowl, toss to coat in the marinade then set aside for 10 minutes.

Whilst the chicken is marinating, make the salsa. Mix the pepper, onion, tomato, pineapple and chilli together in a small bowl, stir through the remaining lime juice and season to taste.

Preheat a griddle pan over a high heat. Lay the chicken on the griddle and cook for 3 minutes on each side. Set aside to rest then cut into thick slices. Serve with the quinoa, salsa, sliced avocado and rocket.

Tip

This dish uses cooked chicken breast but you can cook your own if you'd prefer. The best way is to poach a whole chicken breast. Drop it into a pan of boiling water, bring it back up to the boil then cover the pan with a lid and remove from the heat. Leave it to stand for 10 minutes then remove the chicken and leave to cool slightly. To check that it's cooked, slice into the thickest part and make sure there's no pink meat.