



Jerk Chicken With Pineapple Or Mango Salsa Tacos



Top Tips

The chicken marinated in jerk and the onion in lime juice marinate can be made the day before and stored in the fridge...this soaks in the flavours and makes for a richer taste!

Serves: A Couple or Family of four- 2 adults and 2 kids

Total cost of dish: £4.9 Without extras
£6.40 with extras

ALLERGENS

Recipes contain protein (chicken) Flour

No nuts are used in the ingredients

Ingredients

Mango salsa

- *1 Habanero or scotch bonnet pepper, ribs and seeds removed, chopped (replace with jalapeno for less spice) (£0.35)
- 1 1/2 mangoes OR pineapple, diced (£0.95)
- 1/2 red onion, chopped (£0.10)
- 1/2 red or green bell pepper, chopped (£0.25)
- 2 1/2 tablespoons lime juice (£0.04)
- 3 fresh coriander stalks, chopped (£0.07)
- 2 teaspoons honey (optional) (£0.04)

Hot sauce

- 125g mayonnaise (£0.45)
- 2 tsp Encona hot sauce, to taste (£0.25)

Jerk chicken tacos

- 3 tablespoons jerk seasoning powder or paste to mix the chicken (£1.10) for powder or (£3.10) for paste
- 1 1/2 pounds boneless skinless chicken breasts (£4.50) per kilo
- Flour or corn tortillas or taco shells (£0.15) each or (£2) for pack

What to do

1. Prepare the chicken by dicing into small pieces and marinating in the jerk paste. Leave for 15/20 minutes to infuse the jerk flavours. Preheat the oven to 220C/200C Fan/Gas 7 for the chicken, and start preparing the sides for your tacos. Put the red onion slices into a bowl and cover with the lime juice. Stir with a fork, ensuring the onion is well mixed in the juice. Leave to rest for circa 30 minutes. Make the hot sauce by mixing together the mayonnaise and the Encona hot sauce in a small bowl. Set aside. Mix the chopped chilli along with the chopped coriander and some salt to taste. Give it a good stir, and set aside.
2. Place the diced chicken on a tray and roast in the oven for 8–10 minutes, depending on the thickness of your cuts. Check to see if the chicken is cooked through before taking it out of the oven.
3. Once removed, place the jerk chicken in a hot pan and cover to retain the heat so it's ready for serving. Turn off the oven and warm the tortillas in the fading heat. Then arrange the jerk chicken on a plate (lined with salad leaves, if so desired), sprinkle with some chopped fresh coriander along with the warmed tortillas.
4. Lay out the salsa, hot sauce, prepared veg and jerk chicken next to a plate of warm tortillas or taco shells. Also include lime wedges for garnish and taste. Serve the mango/pineapple salsa spiked with a tiny habanero/scotch bonnet pepper as desired.

Chef: Pasta Rasta