

Jerk Pineapple and Ginger Chicken Strips

400g Chicken breast

1 tablespoon fresh thyme

2 tablespoons fresh coriander

1 tsp cinnamon

1 tsp crushed black peppercorns

1 tsp freshly grated nutmeg

1 tablespoon crushed pimento seeds

2 cloves garlic

½ chilli, seeds removed

2 tsp grated ginger

zest of 1 lime

juice of 2 limes

2 tablespoons tomato ketchup

1 tablespoon honey

1 small pineapple

3 tablespoons olive oil

- 1 Slice the chicken breast into strips and put into a mixing bowl.
- 2 Chop the thyme and coriander leaves.
- 3 Grind the peppercorns, and pimento seeds.
- 4 Grate the nutmeg, ginger and lime zest.
- 5 Finely chop the garlic and chilli.
- 6 Now put all the ingredients in a blender apart from the chicken and blend into a smooth paste. Add to the chicken and leave to marinate.
- 7 Grill or fry the chicken slowly until cooked all the way through. It can be served in a wrap, bap, with rice or salad.