

The Slug and Lettuce

REGGAE REGGAE CHICKEN BURGER

Serves 1



INGREDIENTS

- 1 chicken breast
- Burger bun
- A handful of mixed salad leaves
- 10g sour cream
- tbsp Reggae Reggae Sauce
- 1 pineapple slice
- Half a red pepper
- Drizzle of olive oil
- Pinch of salt and pepper
- Serve with a portion of oven chips

PREPARATION:

1. Place your chips in the oven on a moderate heat.
2. Remove stalk and seeds from the 1/2 pepper section.
3. Place on a baking tray skin side up and pour over olive oil, seasoning with the salt and pepper.
4. Place tray in baking tray in oven for 5 minutes at 225°C and heat until soft.

METHOD:

7. Cook the chicken under the grill for 10 minutes, turning regularly. Ensure chicken is cooked through before serving
8. Don't forget to keep a check on the oven chips.
9. Once chicken is cooked, top with reggae sauce and place under the grill and heat sauce for 30 seconds.
10. Toast the bun under the grill.
11. Heat the pineapple slice and the roasted peppers under the grill for another 30 seconds.
12. Spread the base of the burger bun with sour cream and stack with the mixed leaf, cooked chicken breast, pineapple and red pepper.
13. Place the top of the bun on the filling and if possible skewer with a teppo stick (half a wooden skewer will do!)
13. Serve with the chips.