

The Slug and Lettuce

REGGAE REGGAE CHICKEN SKEWERS

Serves 1



INGREDIENTS

Skewers

1 chicken breast

1 pineapple slice

Reggae Reggae sauce

Half a red pepper

A handful of mixed salad leaves

Drizzle of balsamic vinegar and oil dressing

PREPARATION:

1. Cut the pineapple and red pepper into chunky cubes.
2. Cut the chicken into 8 even pieces.
3. Soak the wooden skewers for 1 hour in water before making skewers.
4. Make the skewers using 4 pieces of chicken, pineapple and red pepper and skewer them alternately or however desired.
5. Cover the prepared skewers with Reggae Reggae sauce and leave to marinate.

METHOD:

6. Place the skewers onto a metal tray and place under the grill to cook. Keep an eye on these and turn so they cook evenly. The approximate total time for this is 10–15 minutes depending on the size of chicken used.
7. Arrange the mixed leaves in the centre of the plate and drizzle with balsamic oil dressing.
8. Place the cooked skewers on top of the leaves.
9. Serve with a dip of Reggae Reggae sauce!