

Marinated jerk chicken and pineapple kebabs with avocado salsa and sweet potato chips (Afro-Caribbean) – serves 2

Caribbean Inspired

You will need:

- 300g diced chicken breast (skin removed)
- 1tbsp jerk spice mix
- 100g pineapple chunks
- ½ avocado
- 10 cherry tomatoes
- 2tbsp sweetcorn
- ½ chilli
- Juice of ¼ lime
- 1 large sweet potato
- Salad

How to make it:

1. Marinate the chicken in the jerk spice mixed with a couple of tablespoons of pineapple juice for at least 1 hour in the fridge.
2. Preheat the oven to 180.
3. Slice the sweet potato into wedges and place on a baking tray.
4. Thread the chicken and some chopped pineapple onto a skewer and place onto a separate baking tray.
5. Place both trays in the oven for 20-25 minutes.
6. Meanwhile chop the avocado, tomatoes and chilli. Mix with the sweetcorn and a couple of squeezes of lime juice.
7. Serve the chicken kebabs alongside sweet potato wedges, the avocado salad and a green side salad.

What does this give you?

- 1 portions of starchy food
- 1 portion of protein
- 2.5 portions of vegetables

The detail: per serving: 575kcal, 11.8g fat, 2.7g saturated fat, 57g carbohydrate, 24g sugar, 9.8g fibre, 54g protein, 0.5g salt

Preparation time: 15 minutes plus 1 hour for marinating

Cooking time: 25-30 minutes

Approx. cost per serving: £2.58

ALLERGENS: Contains celery. May contain gluten.