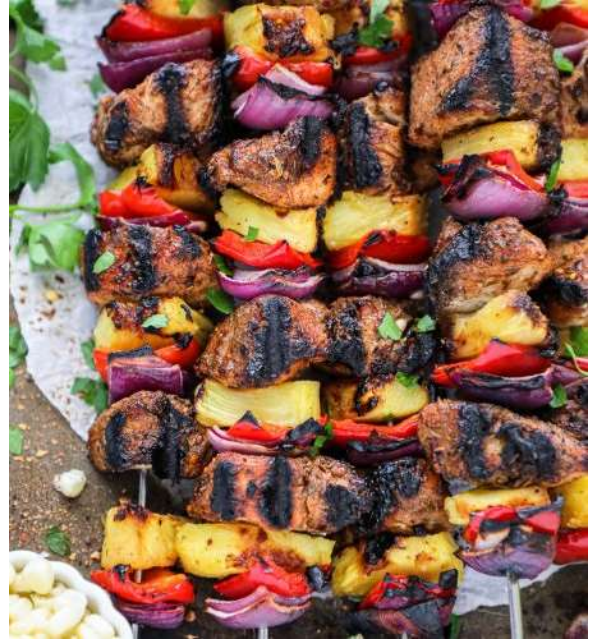


Jerk Chicken Skewers

A spicy alternative to chicken skewers with a refreshing pineapple salsa!

Ingredients

- 6 large chicken thigh fillets, cut into 2cm cubes
- 1 tablespoon garlic powder
- 2 to 3 teaspoons cayenne pepper
- 2 teaspoons onion powder
- 2 teaspoons dried thyme
- 2 teaspoons dried parsley
- 2 teaspoons brown sugar
- 2 teaspoons salt
- 1 teaspoon paprika
- 1 teaspoon ground allspice
- ½ teaspoon black pepper
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cinnamon
- 2 medium red capsicums, cut into cubes
- 2 medium green capsicums, cut into cubes
- 1 medium red onion, cut into cubes
- 500gm fresh pineapple, cored, finely chopped
- 1 small Lebanese cucumber, finely chopped
- 1 small red onion, finely chopped
- ½ bunch fresh coriander or mint, finely chopped
- 1 lime, juiced



Directions

- Step 1 – To make the jerk seasoning, combine garlic powder, cayenne pepper, onion powder, dried thyme, dried parsley, brown sugar, salt, paprika, allspice, black pepper, nutmeg and cinnamon together in a bowl.
- Step 2 – Pre-soak wooden skewers if using. Preheat BBQ to 200°C.
- Step 3 – Add the cubed chicken to a ziplock bag along with 3 tbsp of the jerk seasoning. Close bag and toss ingredients to coat the chicken.
- Step 4 – Thread the chicken on to the skewers alternatively with pieces of cubed capsicum and onion. Place skewers onto the BBQ grill and cook for 15 – 20 minutes, turning once halfway through.
- Step 5 – Combine the pineapple, cucumber, red onion, coriander or mint and lime juice in a bowl and toss to combine.
- Step 6 – Serve the jerk chicken skewers with pineapple salsa and coconut rice if desired.

