



## CARIBBEAN CHICKEN RICE

 **Prep: 15 minutes**

 **Cook: 30 minutes**

 **Serves: 2**

### INGREDIENTS:

- 100g wholegrain rice
- 1½ tsp Jerk seasoning
- 1 tbsp oil
- 2 chicken breast fillets, diced (350g)
- 1 red pepper, diced (180g)
- 100g sweetcorn
- ½ small pineapple, peeled, cored and diced
- ½ tsp **LoSalt**
- 15g coriander, chopped

### METHOD:

1. Cook the rice in boiling water with ½ tsp Jerk seasoning for 20-25 minutes or until tender, drain well.
2. Meanwhile, heat the oil in a large frying pan and fry the chicken and pepper with the remaining Jerk seasoning for 5-6 minutes until browned. Add the sweetcorn and pineapple. Stir in the rice and **LoSalt** and heat through for 1-2 minutes.
3. Stir in the coriander to serve.

Each serving contains



of your guideline daily amount

### COOKS TIP:

For a vegetarian option, swap the chicken for diced courgette, aubergine and kidney beans.