



The Pampered Chef ®

Jamaican Chicken with Lime Mayonnaise

Recipe

Jamaican Chicken Salad

- 1 tablespoon garlic oil or olive oil
- 1 tablespoon Jamaican jerk seasoning
- 450 g skinless, boneless chicken breasts, cut into strips
- 1 medium fresh pineapple
- 1 red pepper, seeded and thinly sliced
- 3 spring onions, chopped
- 2 heads romaine lettuce
- 1 can (425 g) red kidney beans, rinsed and drained
- 6 rashers back bacon, cooked, drained and chopped (see Cook's Tips)

Dressing

- 1 lime
- 100 ml reduced-calorie mayonnaise
- 3 teaspoons clear (runny) honey, or to taste

- 1 For Jamaican chicken salad, in Classic Batter Bowl, whisk together oil and jerk seasoning with Stainless Whisk. Add chicken strips; mix well to coat and set aside. Peel pineapple and cut in half lengthways with Santoku Knife; reserve one half for another use. Cut remaining pineapple in half lengthways and remove core. Slice flesh crossways into 5-mm slices; set aside. Heat 28-cm Executive Square Grill Pan over medium heat 5 minutes. Add chicken; cook 3-5 minutes on each side, turning once, until cooked and tender. Remove from pan. Add pineapple slices to pan; cook 1-2 minutes on each side, turning once. Remove from pan. Snip chicken into bite-size pieces using Kitchen Shears; set chicken and pineapple aside.
- 2 Seed and thinly slice red pepper and chop spring onions on Cutting Board using Utility Knife. Arrange 12 large lettuce leaves on a large serving platter; set aside. Chop remaining lettuce; put chopped lettuce into Stainless 6-Litre Mixing Bowl with red pepper and spring onions. Rinse and drain beans using Strainer; add to mixing bowl. Set aside.
- 3 For dressing, zest lime using Zester/Scorer; finely chop zest using Chef's Knife to measure ½ teaspoon zest. Juice lime into Small Batter Bowl using Citrus Press. Add lime zest, mayonnaise and honey to batter bowl; whisk together using Stainless Mini Whisk until well combined.
- 4 Add chicken, pineapple and bacon to other salad ingredients in mixing bowl; toss to mix. Drizzle lime dressing over chicken salad; toss gently to mix until coated all over. Spoon some chicken salad into each lettuce leaf, dividing it evenly. Serve.

Yield: Serves 6

Per serving: Energy 1285 kJ/306 kcal; Protein 27 g; Carbohydrate 22.7 g; Fat 12.7 g; Saturated Fat 3.2 g; Fibre 5.1 g; Salt 2.7g

*Louise Dawkins – Consultant 016878
147 Sherwell Valley Road, Torquay, TQ2 6EW
Home 01803 404499 / Mobile 07730507262
Email louise.dawkins@abily.co.uk*



Cook's Tip: To microwave bacon, line Small Bar Pan with sheet of non-stick baking paper. Arrange 3 bacon rashers in a single layer on bar pan; cover with another sheet of non-stick baking paper. Microwave on HIGH 2-2 1/2 minutes or until cooked, checking after every 30-second interval and turning once using Chef's Tongs (if rashers are thick-cut, you may need to increase cooking time). Remove bacon to kitchen paper-lined plate to drain. Repeat with remaining 3 bacon rashers.

If you can't find romaine lettuce leaves, simply use other large lettuce leaves.

This recipe will serve 12 as an appetizer or starter.

For a child-friendly version of this recipe...

Prepare recipe as directed, omitting lettuce. Cook 350 g dried fusilli pasta (or shape of your choice) according to packet instructions. Drain pasta and toss with 1 tablespoon olive oil. Add remaining ingredients; drizzle with dressing and toss gently.

*Louise Dawkins – Consultant 016878
147 Sherwell Valley Road, Torquay, TQ2 6EW
Home 01803 404499 / Mobile 07730507262
Email louise.dawkins@abily.co.uk*