



Jerk chicken and mango kebabs



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Ingredients

1 mango
2 skinless chicken breasts

The marinade:-

1 red chilli
2 x 15 ml spoons
vegetable oil
1 clove of garlic
½ spring onion
½ red onion
1 x 15 ml white wine
vinegar
1 x 15 ml lime juice

2 x 5ml spoon Demerara
sugar
1 x 5ml spoon dried thyme
1 x 5ml spoon ground
cinnamon
1 x 5 ml mixed spice
½ x 5ml spoon grated
nutmeg





Equipment

- Chopping board
- Pan stand
- Tablespoon
- Sharp knives
- Measuring spoons
- Wooden skewers
- Lemon squeezer
- Small bowl
- Grater
- Colander
- Non metallic dish for marinating the chicken
- Baking sheet





Method

Take care, chilli.



1. Chop the red chilli, garlic, spring onion and red onion for the marinade.
2. Put into a mixing bowl with the oil, wine vinegar, squeezed lime juice, Demerara sugar, herbs and spices.
3. Chop the chicken into 2cm cubes and put into a dish.
4. Use a different chopping board to prepare the mango and cut into chunks.





5. Make the marinade



6. Mix the marinade ingredients together.



7. Pour the marinade over the chicken, cover and leave to marinate for as long as possible.



8. Pre heat the oven 200°C (180°C fan), Gas Mark 6.



9. Assemble the kebabs



10. Thread the mango cubes and marinated chicken alternately onto the skewers.

11. Bake for 15 - 20 minutes in a hot oven, use oven gloves to turn the kebabs regularly to ensure even cooking.

12. Make sure that the chicken is cooked by breaking a piece to check it is thoroughly cooked.





Serve with a green salad



The marinade is a traditional Jamaican mixture.

Can you think of ways of changing the kebabs to include a range of fruits or vegetables of your choice?