



Jerk Chicken and Peach Skewers

with Curried Rice Pilaf

We've taken skewers to a whole new level with this Jamaican-inspired recipe. Our jerk seasoning will knock your socks off with a combination of 12 different herbs and spices. Add in tender chicken, sweet fruit, and curried rice, and you've got yourself a sweet and savory meal to remember.



Prep: 10 min
Total: 30 min



level 1



nut free



gluten free



dairy free



Chicken Breasts



Jerk Seasoning



Peach



Red Onion



Snap Peas



Basmati Rice



Curry Powder



Lemon




Chicken Stock Concentrate



Skewers

Ingredients

| | 2 People | 4 People |
|--|----------|----------|
| Chicken Breasts | 12 oz | 24 oz |
| Basmati Rice | ½ Cup | 1 Cup |
| Snap Peas | 4 oz | 8 oz |
| Red Onion | 1 | 2 |
| Peach | 1 | 2 |
| Jerk Seasoning  | 1 T | 2 T |
| Curry Powder | ½ t | 1 t |
| Lemon | 1 | 1 |
| Chicken Stock Concentrate | 1 | 2 |
| Skewers | 4 | 8 |
| Oil* | 2 t | 5 t |

*Not Included

Allergens

None

Tools

Medium pot, Medium bowl, Foil, Baking sheet

Ruler

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Nutrition per person Calories: 494 cal | Fat: 8 g | Sat. Fat: 1 g | Protein: 48 g | Carbs: 63 g | Sugar: 13 g | Sodium: 332 mg | Fiber: 7 g

1



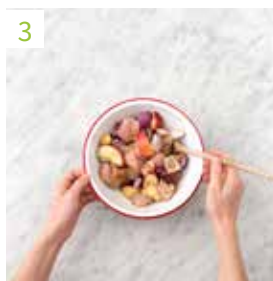
1 Prep: Wash and dry all produce. Preheat the broiler to high or oven to 500 degrees. If you want to use the grill, fire it up to high. Soak the skewers in water. Halve, peel, and finely dice **half the onion**. Cut the other half into 1-inch cubes for the skewers. Trim and cut the **snap peas** into ½-inch pieces. Halve, pit, and slice the **peach** into wedges. Cut the **chicken** into 1-inch pieces.

2



2 Make the pilaf: Heat a drizzle of **oil** in a medium pot over medium heat. Add the diced **onion** and cook, tossing, for 3-4 minutes, until softened. Add the **rice** and ½ **teaspoon curry powder**. Toss to combine. Add **1 cup water** and the **chicken stock concentrate**. Bring to a boil. Cover and reduce to a simmer for about 15 minutes, until rice is tender. During the last 5 minutes of cooking, stir the **snap peas** into the **rice**. Season with **salt** and **pepper**.

3



3 Marinate the chicken: Toss the **chicken** in a medium bowl with the **jerk seasoning**, **peaches**, **onion cubes**, and a drizzle of **oil**. Season generously with **salt** and **pepper**.

4



4 Broil the skewers: Thread the **chicken**, **onion**, and **peach wedges** onto the **skewers**, alternating between each. Place onto a foil-lined baking sheet. Broil 10-12 minutes, turning once, until cooked through and lightly charred. You can also cook the skewers on the grill.

5 Finish and serve: Cut the **lemon** into wedges. Serve the **jerk chicken skewers** on a bed of **curried rice pilaf**. Squeeze over a **lemon wedge** and enjoy!

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