

CARIBBEAN GRILLED CHICKEN SALAD

Rejoice salad enthusiasts, this recipe is definitely for you. Revel in the taste of the tropics while sticking to your healthy lifestyle with this flavour-packed salad. A satisfying salad that is full of fruits, topped with teriyaki chicken, drizzled with a honey lime dressing and served with plantain crisps. Gather in salad enthusiasts and give this Caribbean salad a shot!

Prep Time	Cooking Time	Total Time	Serving	Calories
15 mins	15 mins	30 mins	4 people	422 kcal

HOW TO DO IT

PICO DE GALLO

1. Mix ingredients in a bowl and thoroughly mix.
2. Keep cool until it's ready for serving.

HONEY-LIME SALAD DRESSING

1. In a large bowl, whisk Greek yoghurt, honey mustard, lime/lemon juice, sesame oil, and vinegar together
2. Season with salt and pepper.
3. Refrigerate while waiting to be served.

SALAD

1. Using a medium bowl, combine together the jerk spice, teriyaki, and water.
2. Pour into a zip lock bag or cover the bowl using a saran wrap, and marinate the chicken in the mixture for one hour or overnight.
3. After marinating the chicken, shake off the excess marinade and prepare to grill it
4. Grill the chicken on a grill pan using one tablespoon of oil until thoroughly cooked about 5 minutes per side. Let it sit for a few minutes before cutting into chunks or strips.
5. Combine pico de gallo, romaine lettuce, purple cabbage, and pineapple into one large plate.
6. Serve it with plantain chips and honey lime dressing.

Feast on this delectable sight of tropical colours and Caribbean-kicked chicken salad!

Pico de Gallo:

- 2 diced medium tomatoes
- ½ cup red onion, finely minced
- 2 tsp. fresh cilantro, finely minced
- ½ diced red bell pepper
- 2 teaspoon seeded jalapeno peppers, finely diced
- 1 tsp. garlic, minced

Honey-lime salad dressing:

- ¼ cup Dijon mustard
- 1 cup vanilla Greek yoghurt
- 1 cup honey
- 2 tablespoon sesame oil
- 3 tablespoon apple cider vinegar
- 1 tablespoon lime juice / Lemon
- ½ to 1 teaspoon lime zest, grated

Salad:

- 1-2 cup red cabbage, sliced
- 1-2 cups diced fresh pineapple
- 1 bunch Romaine lettuce
- 3-4 boneless skinless chicken breasts
- ¼ cup teriyaki sauce
- ¼ cup pineapple juice or water
- 2 tbsp. Jerk Seasoning Spice
- 2 cups Plantain Chips