

# JERK CHICKEN BURGER

Preparation: **10 mins.** | Cooking: **10 mins.** | Servings: **2**

## INGREDIENTS

*2 boneless, skinless chicken breasts*  
*2 large bread rolls*  
*1 tomato, sliced*  
*1 Little Gem lettuce heart, shredded*  
*½ small mango, stoned, peeled and sliced*  
*2 tbsp. mayonnaise and ketchup, to serve (optional)*  
*1 tbsp. olive oil*  
*2 tsp. jerk seasoning*  
*Juice of 1 lime*  
*A few thyme sprigs, leaves picked*



## INSTRUCTIONS

Place the chicken breasts in between pieces of cling film, and flatten with a rolling pin. Mix together the thyme, oil, jerk seasoning and half the lime juice in a bowl. Add the chicken, and leave to marinate for 5 minutes. Heat a griddle pan until hot, and cook the chicken for 4-5 minutes each side or until cooked through. Remove from heat. Meanwhile, toast the cut sides of the buns for 1-2 minutes. Put the chicken on the buns, and top with the mango, tomato and a handful of lettuce. Squeeze the rest of the lime overtop, and top with mayo and ketchup, if you'd like.