Recipe

caribbean style chicken

Inspired by the sunny flavours of the Caribbean, with cosy spices like allspice, ginger and thyme, and a sweet twist from the pineapple, it's both tasty and comforting. This dish is a great way to introduce little ones to new flavours in a fun and delicious way!

Ingredients - typically serves a family of 4

- a glug of cooking oil
- 1 red onion - roughly diced
- 1 carrot - cut into half moons
- 500g chicken
- 4 cloves of garlic - finely chopped
- 1 palm sized piece of ginger - finely chopped
- 1 tsp allspice

- 1 tbsp of smoked paprika
- 1 tsp of ground cumin
- small handful of thyme
- 1 bay leaf
- 1 pinch of black pepper
- 1 pinch of chilli flakes
- 1 tbsp of tomato paste
- 300g new potatoes - quartered

- 500ml water
- 250g of passata
- 1 red pepper - roughly diced
- 250g of pineapple - diced
- splash of orange juice
- handful of spring onion - chopped

Method

add oil to a wide based pan on a medium heat

add onion and cook for 10 minutes, stirring occasionally until golden

add half moon carrots and cook for 5 minutes. Remove onions and carrots to a bowl on the side

add chicken to pan and cook until browned on outside

once browned, add onions and carrots back to pan and add garlic and ginger too, stirring well to coat and cooking for 5 minutes until fragrant

add all spice, paprika, cumin, thyme, bay leaf, black pepper and chilli flakes and mix well until coated

add tomato paste, mix and cook out for 3 minutes

add potato quarters, water and passata and cook for at least 30 minutes on a gentle simmer to reduce sauce and cook potatoes

once sauce is reduced and potatoes are cooked, add red pepper and pineapple and cook for 5 minutes

once ready to serve, add a splash of orange juice and sliced spring onion and serve with rice

Nutritious delight with every bite