



Another delicious recipe from
Tanya's Kitchen

Honey Jerk Chicken Kabobs

Ingredients

3 Chicken Breast
1 Red Bell Pepper
1 Green Bell Pepper
1 Onion
12 Button Mushrooms
½ cup jerk paste
4 tbsp. Honey
Olive oil
Salt and pepper to taste
12 bamboo skewers

Directions

- Cut peppers and onion into large dice
- Clean and cut chicken into large square pieces
- Start assembling the kabobs by taking a bamboo skewers and alternating meat and vegetables until you get to the top of the skewer.
- Once completed assembling the kabobs season them with salt and pepper and drizzle with olive oil
- Pre – heat grill to medium high
- In a small bowl mix your jerk paste and honey together, set aside
- Place the kabobs on the grill. Cook them for 15 – 20 minutes turning them occasionally
- You can find all these ingredients at all your Foster's Food Fair IGA stores