

AIDAN PROCTOR—TROPICAL CHICKEN BREAST

COOKING INSTRUCTIONS: WRAP LOOSELY IN TINFOIL AND PLACE IN THE OVEN @180° FOR 35-45 MINS UNTIL COOKED THROUGHOUT. SERVE WITH FRIED RICE FOR A LIGHT AND FRESH SUMMER MEAL



BUTTERFLY A CHICKEN BREAST



SPREAD A THIN LAYER OF CARIBBEAN SAUCE ON THE INSIDE OF THE BREAST



ADD PINEAPPLE SLICES AND CLOSE THE CHICKEN BREAST TO ENCLOSE THE PINEAPPLE



CUT 3 SLITS IN THE TOP OF THE CHICKEN BREAST AT THE THICKEST POINT



RUB CARIBBEAN HOT PEPPER COATING OVER THE WHOLE PRODUCT



WEDGE PINEAPPLE SLICES IN THE SLITS AND SPRINKLE WITH CHILLI FLAKES

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