

## Sweet and Spicy Grilled Chicken and Pineapple

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 25 minutes



2 serves per portion

### Ingredients

1 tablespoon olive oil

1 lemon, juiced

3 tablespoons honey

1 teaspoon mixed herbs

1-3 teaspoons chilli flakes or sriracha (depending on desired spice level)

2 medium chicken breasts, cut into large slices

½ fresh pineapple, core removed and sliced thinly into medium pieces

250g corn kernels (fresh, frozen, or canned)

1 avocado, sliced

### Method

PLACE the oil, lemon juice, honey, mixed herbs, and chilli in a bowl and stir to combine.

COAT chicken pieces in marinade.

HEAT a grill or non-stick pan over medium heat and add pineapple. Cook for 2-3 minutes on each side or until slightly golden. Remove from pan and set aside.

ADD marinated chicken to the pan and cook for 3-5 minutes on each side, depending on thickness.

REMOVE chicken from the pan and turn off the heat. While the pan is still hot, add the corn and toss for around 1 minute.

ARRANGE chicken, pineapple and avocado on a serving plate and top with corn.

SERVE hot with a green salad.



Everyday Food

*Recipe courtesy of the Country Kitchens team*