

MANGO CHICKEN

Rice Bowl w Pineapple Rum Sauce

Ingredients For Bowl

- One pound chicken tenders
- Two tablespoons olive oil
- One tablespoon Fennel and Fire Caribbean Punch spice blend
- Two cups cooked Jasmine or coconut rice
- One ripe mango (diced)
- Half a cup of pineapple chunks
- One ripe avocado (diced)
- Two tablespoons toasted coconut flakes (optional),
- Lime wedge for serving.
- Extra's: Chopped cilantro and drizzle of Pineapple Rum Sauce

Direction For Bowl

- Coat Chicken Tenders with oil and Fennel and Fire Caribbean Punch Spice - Grill or saute until cooked through.
- Assemble Bowl: scoop rice into bottom of bowl. Top with sliced chicken, diced mango, diced tomatoes, and diced avocado. Sprinkle on a few toasted coconut chips and cilantro leaves
- Top with Spiced Pineapple (Pineapple slice broiled with brown sugar and Caribbean Punch Spice Blend

Ingredients

For Pineapple Rum Sauce

- 2 Tbsp Butter
- 1 Teaspoon Fennel and Fire Caribbean Punch Seasoning
- 1 oz spiced rum
- 1/2 cup juice and crushed pineapple or pineapple juice
- 2 tbsp Brown Sugar
- Fennel and Fire Fire Salt to taste

Direction For Rum Sauce

- Melt 1 tbsp butter in sauce pan on medium heat
- Add Caribbean Punch to melted butter and stir to let spices bloom about 30 sec.
- Add spiced rum and pineapple juice and simmer until reduced by half.
- Add remaining butter to pan.
- Add 2 Tbsp of Brown Sugar and stir until butter and brown sugar is melted.
- Season with Fennel and Fire Fire Salt to taste

