



## BBQ CHICKEN OR FISH WITH PINEAPPLE CHUNKS & GREEN BEAN SALAD

Store-cupboard staples and simple ingredients come together in this quick and easy dish, perfect to make the most of the summer weather. Save any leftovers to use in a wrap the next day and freeze any leftover pineapple to add to your next smoothie for a tropical kick.

### INGREDIENTS

600g chicken or white fish  
Fresh or tinned pineapple

#### MARINADE

4 tbsp honey  
3 tbsp French mustard  
3 tbsp Dijon mustard  
2 tbsp olive oil  
3 tbsp white wine vinegar  
2 tbsp spicy paprika  
1 tbsp sweet paprika  
2 tsp salt  
1 garlic clove

#### SALAD

150g green beans  
200g cherry tomatoes  
1 spring onion  
Half a pomegranate (optional)  
Pesto for dressing

### METHOD

1. Mix all the spices, the vinegar and the oil together. Save  $\frac{1}{3}$  of the marinade to dress the salad.
2. Add the chicken or fish to the marinade. Leave for 2 hours at room temperature or leave overnight in the fridge.
3. While the chicken/fish marinates, cut the green beans into 3 pieces each and boil them for 3 minutes. Cool them down with cold running water after boiling as they need to stay crunchy.
4. Cut the cherry tomatoes into halves.
5. Cut the spring onion as you like it.
6. Add pomegranate (optional but very tasty).
7. Put all ingredients into a bowl, add the pesto or the leftover marinade (if you want some added spice) and a dash of olive oil. Mix it all together and the salad is ready!
8. Cut the pineapple into 2cm squares, ready to grill with the chicken/fish.
9. Take the chicken or fish out of the marinade and grill on the BBQ, along with the pineapple.



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SERVES  
2-3