

JAMAICAN GRILLED JERK PRAWNS

LATIN AMERICA
/ JAMAICA

ORIGINS

Like most Caribbean islands, Jamaican foods are derived from many different settlement cultures, including British, Dutch, French, Spanish, East Indian, West African, Portuguese, and Chinese. The origins of jerk pork can be traced back to the pre-slavery days of the Cormantee hunters of West Africa through the Maroons, who were Jamaican slaves that escaped from the British during the invasion of 1655. It was traditionally cooked in open-ground pits.



4



30 min



10 min



WHAT YOU NEED

- 1/2 pkt (17 g) Jamaican spice
- 500 g raw shelled prawns
- 1 tsp soy sauce
- 1/2 tbsp sweet chilli sauce
- 2 limes, 1 juiced and 1 quartered

HOW TO MAKE

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In a bowl, combine spice, juice of 1 lime, soy sauce, and sweet chilli with the prawns, marinate 30 min.

②

BBQ or grill prawns and cook for 2-3 min on each side.

HOW TO SERVE

Serve with steamed rice, fresh pineapple salsa* and lime wedges.

HINTS & TIPS

SIDES & CONDIMENTS

Pineapple salsa*:

100 g pineapple

1/2 each diced onion, fresh chilli and capsicum

Mix all ingredients into a bowl with the juice of 1/2 lime and toss to coat.

Set aside for serving.

SWAPS & ALTERNATIVES

veggie combos: serve with a simple garden salad of tomatoes, lettuce, capsicum and feta.

reduce meat: 250 g prawns + 200 g button mushrooms.

alternative: any shellfish or firm white fish can be used instead of prawns.

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