

## JERK CHICKEN WITH MANGO SALSA

¼ cup red onion, finely chopped  
2 tablespoons extra virgin olive oil  
5 garlic cloves, minced  
1 ½ tablespoons lime juice  
2 teaspoons honey  
1 tablespoon hot sauce  
1 teaspoon ground allspice  
1 teaspoon dried thyme  
¼ teaspoon ground nutmeg  
Sea salt and freshly ground black pepper, to taste  
4 chicken breasts

### *Mango salsa*

2 mangos, peeled and diced  
¼ cup red onion, finely chopped  
2 tablespoons cilantro, chopped  
3 tablespoons lime juice  
3 tablespoons fresh orange juice  
Salt and pepper, to taste

In a small bowl, mix together onion, oil, garlic, lime juice, honey, hot sauce and spices. Place the chicken breasts in a baking dish and pour mixture over them. Cover and let marinate in the refrigerator for a few hours.

To make the salsa, combine the mangos, onion, cilantro, lime juice, and orange juice in a bowl. Mix gently, and season to taste with salt and pepper.

Grill chicken over medium-high heat until cooked through. Top with mango salsa, and enjoy!