

BRAAIED SPICY TACOS

Prep time: 45 minutes

Cook time: 20 minutes

Serves 4-6 people



INGREDIENTS

600g chicken breast fillets

200ml BBQ braai sauce

20g salt

5g pepper

1 pineapple

150g red bell peppers

100g red onion

Coriander

50g jalapeno

1 lime, juice

1 pack flour tortillas

INSTRUCTIONS

1. Season the chicken fillets with salt and pepper, then marinate them in barbecue braai sauce.
2. Brunoise* the pineapple, red bell peppers, red onion and jalapeño. Chop the coriander.
3. In a bowl, combine the pineapple, red bell pepper, red onion, jalapeño and coriander. Season with salt and pour lime juice over. Cover and set aside.
4. Braai the chicken and cut into strips.
5. Place the tortillas on the gas braai and let them slightly brown. Once browned, fold in half.

TIP: A tortilla can get hard and difficult to eat quickly if it cools down after you've warmed them up. Make sure you are almost ready to assemble and serve your tortillas when you brown them on the braai – in other words, all filling must be finished before you put them on the braai.

6. Assemble the tortilla, adding chicken and pineapple salsa.

* Brunoise refers to a cutting technique that results in very finely chopped vegetables. It's the finest you can slice without resulting in "mince". Start with julienned vegetable strips and try to create tiny, even cubes.