

Rhubarb Salsa



Ingredients:

3 stalks red rhubarb (diced – 2cm)
1 bunch spring onions (chopped including green parts)
1 jalapeno chilli (chopped)
1 large spoon honey
Juice of 1 lime
½ mango or ¼ cucumber (optional)
Chopped coriander
Sea Salt and Black Pepper

Instructions:

Bring pan or water to the boil and add rhubarb for up to 90 seconds.

Don't overcook so that it can hold its shape.

Drain and rinse immediately with cold water and dry.

Add honey to a bowl, mix rhubarb in and allow to get to room temperature.

Add all other chopped ingredients (you can use a food processor briefly) and mix – set aside for flavours to absorb.

(as mango is sweet you might prefer to leave out the honey)

Spiced Chicken

Ingredients

4 chicken quarters

Spice mix – 2 tspn thyme and 2 tspn paprika, 1 tsp cayenne pepper, 1 tsp brown sugar, black pepper and sea salt

Finely chopped clove of garlic

1-2 spoons Good quality Olive oil

Instructions

Mix the garlic in a bowl with a spoon of oil

Add spices and mix, add more oil if needed

Rub chicken with mix, and set aside to absorb flavours.

Griddle briefly on each side until start to colour, transfer to oven to bake until cooked through.

Serve with rhubarb salsa, corn on the cob and crusty bread.