



In your box

- 1 Red Bell Pepper
- 2 Zucchini
- 2 tsp. Mojito Lime Seasoning
- 1 Lime
- ¼ oz. Cilantro
- 2 Boneless Skinless Chicken Breasts
- 6 6" Wooden Skewers
- 2 oz. Sour Cream
- 2 fl. oz. Jerk Sauce



Staff Pick

Grilled Jerk Chicken Kebabs

with lime crema, charred peppers, and zucchini

NUTRITION per serving—Calories: 430, Carbohydrates: 18g, Fat: 19g, Protein: 42g, Sodium: 1649mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
40-50 min.

Cook Within
5 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Mild

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Grill Pan or Outdoor Grill, 2 Mixing Bowls

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Heat a grill or grill pan over medium heat
- Thoroughly rinse produce and pat dry
- Soak **wooden skewers** in **water** at least 5 minutes to prevent burning



1

Prepare the Ingredients

- Stem, seed, remove ribs, and cut **red bell pepper** into 2" pieces.
- Trim **zucchini** ends and cut into 1" slices on an angle.
- Place red bell pepper and zucchini in a mixing bowl with **seasoning blend** and 1 Tbsp. **olive oil**. Massage oil and seasoning into vegetables. Set aside at least 5 minutes.
- Halve **lime**. Quarter one half and juice remaining half.
- Mince **cilantro** (no need to stem).



2

Prepare the Chicken

- Pat **chicken breasts** dry and, on a separate cutting board, cut into 1" pieces. Season pieces with a pinch of **salt** and **pepper** and drizzle with 1 tsp. **olive oil**.
- Thread chicken pieces onto **skewers** evenly, leaving space between pieces. *There should be about three pieces per skewer.*



3

Grill the Vegetables

- Lightly coat grill or grill pan with **cooking spray**. *When using an outdoor grill with enough room, feel free to cook all elements at once.*
- Working in batches if necessary, place **zucchini** and **red bell pepper** on hot grill. Cook until lightly charred, 3-4 minutes per side.
- Remove vegetables to a plate and tent with foil. Keep grill over medium heat.



4

Grill the Chicken

- Lightly coat grill or grill pan again with **cooking spray**.
- Working in batches if necessary, place **chicken skewers** on hot grill. Cook until chicken reaches a minimum internal temperature of 165 degrees, 4-5 minutes per side.
- Remove from grill. Spoon or brush **jerk sauce** on cooked chicken.



5

Make Lime Crema and Finish Dish

- In another mixing bowl, combine 1 tsp. **lime juice** and **sour cream**.
- Plate dish as pictured on front of card, garnishing **vegetables** with **cilantro**. Squeeze **lime wedges** over to taste. Serve lime crema on the side for dipping. Bon appétit!