



Caribbean Jerked Chicken Tacos

Flavors of the islands. Bold & spicy jerked pulled chicken loaded into mini whole grain tortillas and topped with a fresh pineapple-black bean salsa made with pineapple, seasoned black beans, green peppers, red peppers, chopped cilantro and lime juice.

Servings: 10 servings (2 tacos per serving)

Ingredients	Amount	Amount
Jerk Seasoned Pulled Chicken (see sub-recipe)	1.8 lbs.	5 ¾ C
Whole Wheat Tortillas #22259-621		20 ea.
Pineapple Salsa (see sub-recipe)	1 ¼ lbs.	2 ½ C

DIRECTIONS:

1. Hold the thawed whole grain tortillas covered in a hot box at 145°F for 30-45 minutes so they are soft and pliable.
2. To build the jerk chicken tacos layout the warm tortillas on a sanitized work surface. Evenly portion one-1 oz. spoodle of the prepared Jerk Seasoned Pulled Chicken down the middle of each tortilla. Top the chicken with a 1/8 C. (2oz spoodle) of the prepared Pineapple Salsa
3. Fold each tortilla in half gently and serve immediately. Two Caribbean Jerked Chicken Tacos per serving.

TYSON® PRODUCTS USED:

#46021-928, FC 100% All Natural, Low Sodium Pulled Reverse Blend 65/35 Dark/White Meat*

Jerk Seasoned Pulled Chicken

Caribbean Jerked Chicken Tacos

Servings: 10 Chicken Sandwiches (1 per serving)

Ingredients	Amount	Amount
Pulled Chicken, Reverse Blend #46021-928	30 oz.	4½ C
Jerk Seasoning	1 oz. dry	1 Tbsp.
Orange Juice	2 oz.	4 Tbsp.

DIRECTIONS:

1. Thaw the pulled chicken covered overnight under refrigeration at 38°F.
2. In a small mixing bowl combine the jerk seasoning and the orange juice, and mix until the juice have been fully incorporated into the spice and no dry spices are present.
3. Transfer the hydrated jerk seasoning to a bowl with the thawed pulled chicken and mix with clean, gloved hands until the spices are evenly distributed throughout the pulled chicken. Also, while mixing pull apart any pieces that are larger than “bite size” to allow for easy & consistent portioning.
4. Transfer the jerk seasoned chicken from the mixing bowl to a 2” hotel pan and bake uncovered in a preheated 350°F convection oven for 8-12 minutes or until the internal temperature reaches a minimum of 145°F. Hold the prepared Jerk Seasoned Pulled Chicken covered in a hot box at 145°F until ready to use.

Pineapple Salsa

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Yield: 2½-cups (approximately 1.25-pounds)

Ingredients	Amount	Amount
Pineapple, IQF, ½” dice	10 oz.	2 C
Black Beans, canned, washed	1.6 oz.	1/3 C
Red Bell Pepper, fresh, cut into a small dice	1 oz.	1/3 C
Green Bell Pepper, fresh, cut into a small dice	1 oz.	1/3 C
Lime juice, bottled	1 ½ oz.	3 Tbsp.
Cilantro Leaves, fresh, chopped	0.2 oz.	2 Tbsp.

DIRECTIONS:

1. Combine all of the ingredients in a mixing bowl and gently mix together until thoroughly combined. Hold the prepared Pineapple Salsa covered under refrigeration at 38°F for a minimum of 30-minutes to allow the flavors to fully develop and blossom.

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CN Portion	2.2 oz.
M/MA (oz)	2.00
Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	100
Total Fat (g)	4.00
Saturated Fat (g)	1.00
Sodium (mg)	90
Carbs (g)	1
Protein (g)	14

