



# Caribbean Chicken & Roasted Veggies

with Tomato Salad & Garlic Aioli

Grab your Meal Kit with this symbol



-  Red Kumara
-  Carrot
-  Beetroot
-  Onion
-  Tomato
-  Fresh Chilli (Optional)
-  Mild Caribbean Jerk Seasoning
-  Chicken Thigh
-  Salad Leaves
-  Garlic Aioli

**Recipe Update**

Our suppliers have been affected by the recent adverse weather conditions and COVID-related labour shortages, which is impacting the availability of some ingredients. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **30-40 mins**  
 Ready in: **35-45 mins**

 Spicy (optional fresh chilli)

 Eat Me Early

 Calorie Smart

We're using our mild Caribbean jerk seasoning to give the classic combo of chicken and veggies some Jamaican mojo. Colourful veggies with salsa and garlic aioli bring added excitement to this devilishly delicious dish.

**Pantry items**  
 Olive Oil, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red kumara	1 (medium)	1 (large)
carrot	1	2
beetroot	1	2
onion	1 (medium)	1 (large)
salt*	¼ tsp	½ tsp
tomato	1	2
fresh chilli (optional)	½	1
mild Caribbean jerk seasoning	1 sachet	1 sachet
chicken thigh	1 packet	1 packet
salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2332kJ (557Cal)	387kJ (92Cal)
Protein (g)	38.5g	6.4g
Fat, total (g)	24.4g	4g
- saturated (g)	3.7g	0.6g
Carbohydrate (g)	45.7g	7.6g
- sugars (g)	22.2g	3.7g
Sodium (mg)	1404mg	233mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the veggies

Preheat oven to **240°C/220°C fan-forced**. Peel, then cut the **red kumara** into bite-sized chunks. Cut the **carrot** into bite-sized chunks. Cut the **beetroot** into small chunks. Slice the **onion** into wedges. Place the **veggies** on a lined oven tray. Drizzle with **olive oil**, add the **salt** and season with **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

**TIP:** If your oven tray is crowded, divide between two trays.



## Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken**, turning occasionally, until golden and cooked through, **10-14 minutes**.

**TIP:** Don't worry if the spice blend chars a little in the pan, this adds to the flavour!

**TIP:** The chicken is cooked through when it's no longer pink inside.



## Get prepped

While the veggies are roasting, roughly chop the **tomato**. Finely chop the **fresh chilli** (if using).



## Flavour the chicken

In a medium bowl, combine the **mild Caribbean jerk seasoning** and a drizzle of **olive oil**. Season with **salt**, then add the **chicken thigh** and turn to coat.



## Make the salad

While the chicken is cooking, add the **salad leaves**, **tomato**, **chilli** and a drizzle of **white wine vinegar** and **olive oil** to a large bowl. Season to taste and toss to combine.



## Serve up

Slice the Caribbean chicken. Divide the chicken, tomato salad and roasted veggies between plates. Spoon any resting juices over the chicken. Serve with the **garlic aioli**.

## Enjoy!