

Caribbean Chicken & Mango Mayo

with Creamy Radish Slaw & Veggie Fries

Grab your Meal Kit with this symbol



Parsnip



Potato



Radish



Chicken Breast



Mild Caribbean Jerk Seasoning



Slaw Mix



Mayonnaise



Coriander



Mango Mayonnaise

Hands-on: 20-30 mins
 Ready in: 30-40 mins

Carb Smart

Eat me early

We're using our mild Caribbean jerk seasoning to give the classic combo of chicken and fries some Jamaican mojo with a twist. Sweet mango mayo and a colourful, creamy slaw with radish brings 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
parsnip	1	2
potato	1	2
radish	2	4
chicken breast	1 packet	1 packet
mild Caribbean jerk seasoning	1 packet	1 packet
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 packet (40g)	1 packet (100g)
white wine vinegar*	drizzle	drizzle
coriander	1 bunch	1 bunch
mango	1 packet	1 packet
mayonnaise	(50g)	(100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2228kJ (532Cal)	467kJ (111Cal)
Protein (g)	34.9g	7.3g
Fat, total (g)	31g	6.5g
- saturated (g)	4.5g	0.9g
Carbohydrate (g)	28.3g	5.9g
- sugars (g)	11.1g	2.3g
Sodium (mg)	1042mg	218mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Prep the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **parsnip** and **potato** into fries.



Bake the veggie fries

Place the **fries** over a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread in a single layer and bake until tender, **20-25 minutes**.

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



Get prepped

While the veggie fries are baking, thinly slice the **radish**. Place your hand flat on top of each **chicken breast** and use a knife to slice through horizontally to make two thin steaks. In a medium bowl, combine the **mild Caribbean jerk seasoning** and a drizzle of **olive oil**. Add the **chicken** and toss to coat. Set aside.



Cook the chicken

When the fries have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **chicken**, in batches, until cooked through, **3-5 minutes** each side (depending on thickness).

TIP: The spice blend may char slightly in the pan - this adds to the flavour!

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



Make the slaw

While the chicken is cooking, add the **slaw mix**, **radish**, **mayonnaise** and a drizzle of **white wine vinegar** to a large bowl. Toss to combine and season to taste.



Serve up

Roughly chop the **coriander**. Slice the Caribbean chicken. Divide the chicken, creamy radish slaw and veggie fries between plates. Sprinkle with the coriander and serve with the **mango mayonnaise**.

Enjoy!