



Caribbean Jerk Spiced Chicken

with Roast Veggie Toss & Lime Mayo

Grab your Meal Kit with this symbol



Carrot



Red Onion



Peeled & Chopped Pumpkin



Sweetcorn



Tomato



Lime



Mild Caribbean Jerk Seasoning



Chicken Thigh



Mayonnaise



Baby Spinach Leaves



Hands-on: 30 mins
Ready in: 35 mins



Low Calorie



Eat me early

Those folks in the Caribbean sure know how to liven up a chicken dish – just add jerk seasoning! We're taking their advice, and including roasted veggies and lime mayo to match the main event.

Pantry items

Olive Oil

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 too.

You will need

Oven tray lined with baking paper
Large frying pan

Ingredients

	4 People
olive oil*	refer to method
carrot	2
red onion	1
peeled & chopped pumpkin	1 packet (800g)
sweetcorn	1 tin
tomato	1
lime	1
mild Caribbean jerk seasoning	2 sachets
chicken thigh	1 packet
mayonnaise	1 packet (100g)
baby spinach leaves	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2240kJ (535Cal)	343kJ (82Cal)
Protein (g)	39.3g	6.0g
Fat, total (g)	23.2g	3.6g
- saturated (g)	3.6g	0.6g
Carbohydrate (g)	36.4g	5.6g
- sugars (g)	19.8g	3.0g
Sodium (g)	1130mg	173mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the veggies

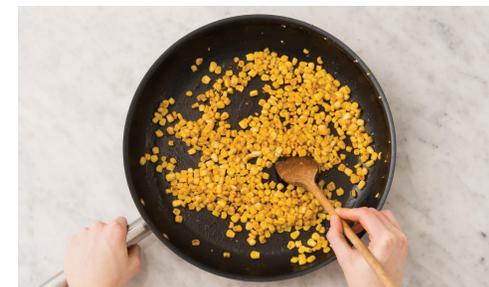
Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot** (unpeeled) into 2cm chunks. Slice the **red onion** into 2cm wedges. Place the **peeled & chopped pumpkin, carrot** and **onion** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Spread in a single layer and roast until tender, **25-30 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



2. Get prepped

While the veggies are roasting, drain the **sweetcorn**. Roughly chop the **tomato**. Zest the **lime** to get a **good pinch**, then slice into wedges. In a medium bowl, combine the **mild Caribbean jerk seasoning** and a **drizzle** of **olive oil**. Add the **chicken thigh** and toss to coat. Set aside to marinate.



3. Char the corn

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing, until golden and lightly charred, **5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



4. Cook the chicken

Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook, turning occasionally, until browned and cooked through, **10-14 minutes**. Transfer to a plate to rest.

TIP: The spice blend will char in the pan, don't worry, this adds to the flavour!



5. Bring it all together

While the chicken is cooking, combine the **mayonnaise**, a **generous pinch** of **lime zest** and a **small squeeze** of **lime juice** in a small bowl. Add the roasted **veggies, baby spinach leaves** and **tomato** to the large bowl with the charred **corn**. Season to taste with **salt** and **pepper** and toss to coat.



6. Serve up

Thickly slice the chicken. Divide the roast veggie toss between plates and top with Caribbean spiced chicken, spooning over any resting juices. Serve with the lime mayo and any remaining lime wedges.

Enjoy!