



Island-Spiced Chicken & Roasted Veggies

with Tomato Salad & Lemon Aioli

Grab your Meal Kit with this symbol



Kumara



Beetroot



Brown Onion



Carrot



Tomato



Long Green Chilli (Optional)



Lemon



Mild Caribbean Jerk Seasoning



Chicken Thigh



Garlic Aioli



Baby Spinach Leaves



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



Spicy (optional long green chilli)



Eat me early

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 lemon aioli bring added excitement to this devilishly delicious dish.

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.

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
kumara	1	2
beetroot	1	2
brown onion	1 (medium)	1 (large)
carrot	1	2
salt*	¼ tsp	½ tsp
tomato	1	2
long green chilli (optional)	½	1
lemon	½	1
mild Caribbean jerk seasoning	1 sachet	1 sachet
chicken thigh	1 packet	1 packet
garlic aioli	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2330kJ (556Cal)	354kJ (85Cal)
Protein (g)	37.4g	5.7g
Fat, total (g)	22.3g	3.4g
- saturated (g)	3.7g	0.6g
Carbohydrate (g)	47.0g	7.1g
- sugars (g)	26.3g	4.0g
Sodium (mg)	1320mg	200mg

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.



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** and **beetroot** (both unpeeled) into 1cm chunks. Slice the **brown onion** into 3cm wedges. Cut the **carrot** (unpeeled) into 2cm chunks. Place the **kumara, beetroot, onion** and **carrot** on an oven tray lined with baking paper. Add the **salt**, drizzle with **olive oil** and season with **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

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



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 **long green chilli** (if using). Zest the **lemon** to get a pinch, then slice into wedges.



Make the salad

While the chicken is cooking, combine the **garlic aioli** and a generous squeeze of **lemon juice** in a small bowl. Set aside. Add the **baby spinach leaves, chilli** (if using), **tomato**, the **lemon zest**, a squeeze of **lemon juice** and a drizzle of **olive oil** to a large bowl. Season to taste and toss to combine.



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 toss to coat.



Serve up

Slice the chicken. Divide the island-spiced chicken, roasted veggies and salad between plates. Spoon any resting juices over the chicken and serve with the lemon aioli.

Enjoy!