



Jerk Chicken

with Coconut Rice and Bean & Sweetcorn Salsa



HELLO KETCHUP

Late 19th century Americans considered tomato ketchup a sort of medicine or tonic.



Soy Sauce



Tomato Ketchup



Jerk Seasoning



Chicken Thigh



Onion



Sweetcorn



Black Beans



Coconut Milk



Chicken Stock Pot



Basmati Rice



Coriander



Lime

MEAL BAG

35 mins

Cook within 3 Days of Delivery

3 of your 5 a day

Little heat

Think Jerk chicken, think Jamaica. This spicy dish was originated by the indigenous people who cooked their meat over fires made from the aromatic wood of allspice trees. And it's allspice together with hot peppers, ginger and thyme that give Jerk its distinctive flavour. In our recipe, chicken is coated in a Jerk marinade and served traditionally with sweetcorn, black beans and coconut rice and a fresh zingy salsa. Feel the sunshine...

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Baking Tray**, two **Sieves**, a **Measuring Jug** and a **Large Saucepan** (with a **Lid**). Now, let's get cooking!



1 MARINATE THE CHICKEN

Preheat your oven to 220 °C. Put the **soy sauce**, **ketchup** and **jerk seasoning** in a mixing bowl. Stir together then add the **chicken thighs** to the bowl. Coat the **chicken** in the **marinade**. **★ TIP:** You can do this a few hours before, or the night before if you have time - just keep it in the fridge! Pop the **chicken** on a baking tray, patting any **marinade** onto the **chicken**. Roast on the middle shelf of your oven for 30 mins. **❗ IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



4 COOK THE RICE

Bring the **rice mixture** to the boil, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** The rice will finish cooking in its own steam.



2 PREP TIME

Meanwhile, halve, peel and chop the **onion** into small pieces. Drain and rinse the **sweetcorn** and **black beans** in sieves. In a measuring jug, mix the **coconut milk** with the **water** (see ingredients for amount) and the **stock pot**.



5 MAKE THE SALSA

While the chicken and rice are cooking, pop the remaining **sweetcorn** and **black beans** in a bowl. Roughly chop the **coriander** (stalks and all) and add to the bowl. Squeeze in **half the lime juice**, a glug of **oil** and a pinch of **salt** and **pepper**. Stir together... **salsa done!**



3 START THE RICE

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **onion** and cook until softened, 5 mins. Add the **rice** and **coconut stock mixture** and stir or dissolve the **stock pot**. Add **two-thirds** of both the **black beans** and the **sweetcorn** to the **rice** and mix everything together.



6 FINISH AND SERVE

Once everything is cooked, fluff up the **coconut rice** with a fork, squeeze in the remaining **lime juice** and stir together. Spoon into bowls and place the **jerk chicken** on top along with a spoonful of **salsa**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Tomato Ketchup 10)	1 sachet	1½ sachets	2 sachets
Jerk Seasoning	1½ tsp	2 tsp	1 tbsps
Chicken Thigh	4	6	8
Onion	1	1	2
Sweetcorn	1 tin	1½ tins	2 tins
Black Beans	1 pack	1½ packs	2 packs
Coconut Milk	200ml	300ml	400ml
Water*	100ml	150ml	200ml
Chicken Stock Pot	1	1	2
Basmati Rice	150g	225g	300g
Coriander	1 bunch	1 bunch	1 bunch
Lime	1	1	2

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 957G	PER 100G
Energy (kcal)	1434	150
(kJ)	6000	627
Fat (g)	64	7
Sat. Fat (g)	28	3
Carbohydrate (g)	101	11
Sugars (g)	21	2
Protein (g)	75	8
Salt (g)	6.52	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

10) Celery 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these between uses.

👍 THUMBS UP OR THUMBS DOWN?

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