



JERK CHICKEN DRUMSTICKS

with Rice & Corn Tomato Salsa



Make a charred corn salsa



Garlic



Mild Caribbean Jerk Seasoning



Chicken Drumsticks



Corn



Basmati Rice



Spring Onion



Tomato



Cucumber



Coriander



Lime

Hands-on: **25 mins**
Ready in: **50 mins**

Eat me early

Take a trip to the Caribbean with our jerk spice rubbed chicken drumsticks. They get their island flavour from a mild, aromatic spice blend and some time to roast in the oven. Paired with rice and a charred corn and fresh tomato salsa, this is a feast for the senses!

Pantry Staples: Olive Oil, Honey, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large baking dish** lined with **baking paper**
- **medium saucepan** with a **lid**



1 BAKE THE JERK DRUMSTICKS

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Combine the garlic, **mild Caribbean jerk seasoning**, **honey**, **vinegar** and **salt (for the chicken)** in a large bowl with a **good drizzle** of **olive oil**. Add the **chicken drumsticks** and toss to coat. Transfer the chicken mixture to a large baking dish lined with baking paper and bake for **20 minutes**. Turn the drumsticks and spoon over any juices in the baking dish. Bake for a further **25-30 minutes**, or until the chicken is cooked through. **TIP:** *The spice blend will char slightly, this adds flavour to the dish!*



4 PREP THE SALSA

Once cool enough to handle, slice the **corn** kernels off the cob. Thinly slice the **spring onion**. Finely chop the **tomato**, **cucumber** and **coriander**. Juice the **lime** to get **2 tsp**, then slice the remaining lime into wedges.



2 BAKE THE CORN

While the chicken is baking, place the **corn cobs** directly onto the wire racks in the oven for **20-25 minutes**, or until tender. Remove from the oven and set aside to cool.



5 MAKE THE SALSA

Combine the **corn**, **spring onion**, **tomato**, **cucumber**, **coriander** and **lime juice** in a medium bowl and **drizzle** with **olive oil**. Season to taste with **salt** and **pepper** and toss to combine. **TIP:** *Use as little or as much spring onion as you like!*



3 COOK THE RICE

In a medium saucepan, add the **water (for the rice)** and **salt (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. Cover with a lid to keep warm.



6 SERVE UP

Divide the rice and jerk drumsticks between plates. Spoon over any sauce from the baking tray and top with the corn salsa. Serve with the remaining lime wedges.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	2 cloves
mild Caribbean jerk seasoning	2 sachets
honey*	1 tbs
vinegar* (white wine or red wine)	1 tbs
salt* (for the chicken)	½ tsp
chicken drumsticks	2 packets
corn	2
water* (for the rice)	3 cups
salt* (for the rice)	½ tsp
basmati rice	2 packets
spring onion	1 bunch
tomato	2
cucumber	1
coriander	1 bunch
lime	1

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2970kJ (710Cal)	688kJ (164Cal)
Protein (g)	59.1g	13.7g
Fat, total (g)	16.4g	3.8g
- saturated (g)	4.6g	1.1g
Carbohydrate (g)	77.1g	17.8g
- sugars (g)	8.4g	2.0g
Sodium (g)	1420mg	328mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2019 | WK6

