

Caribbean-Spiced Chicken & Roast Potato Chunks

with Charred Corn Rainbow Slaw

Grab your Meal Kit with this symbol



Potato



Mild Caribbean Jerk Seasoning



Chicken Thigh



Sweetcorn



Slaw Mix



Smokey Aioli



Lemon

 Hands-on: **25-35 mins**
Ready in: **30-40 mins**

 Eat me early

We're using our mild Caribbean jerk seasoning to give the classic combo of chicken and roasted potatoes some Jamaican mojo. A colourful slaw with charred corn brings 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
potato	2	4
mild Caribbean jerk seasoning	1 sachet	1 sachet
chicken thigh	1 packet	1 packet
sweetcorn	½ tin	1 tin
slaw mix	1 bag (200g)	1 bag (400g)
smokey aioli	1 packet (100g)	2 packets (200g)
lemon	½	1

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3068kJ (733Cal)	492kJ (117Cal)
Protein (g)	39.1g	6.3g
Fat, total (g)	44.5g	7.1g
- saturated (g)	5.7g	0.9g
Carbohydrate (g)	42.6g	6.8g
- sugars (g)	12.6g	2g
Sodium (mg)	1449mg	233mg

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.



1 Roast the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time.



2 Get prepped

While the potato is roasting, combine the **mild Caribbean jerk seasoning** and a drizzle of **olive oil** in a medium bowl. Season with **salt**, then add the **chicken thigh** and toss to coat. Set aside. Drain the **sweetcorn** (see ingredients).



3 Char the corn

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing, until lightly charred, **5 minutes**. Transfer to a second medium 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 heat with a drizzle of **olive oil**. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**.

TIP: The spice blend will char in the pan – this adds to the flavour!

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



5 Make the slaw

While the chicken is cooking, add the **slaw mix** to the **charred corn**. Add 1/2 the **smokey aioli**, then squeeze in all of the **lemon juice** (see ingredients). Season with **salt** and **pepper** and toss to coat.



6 Serve up

Slice the Caribbean-spiced chicken. Divide the chicken, roast potato chunks and charred corn rainbow slaw between plates. Serve with the remaining smokey aioli.

Enjoy!